



## Beef Steak served with Rocket

This meal, which is traditionally from Croatian town of "Novi Vinodolski", is a combination of traditional and modern cuisine - deliciously tasting and now prepared quicker.

### Ingredients

Number of persons: 4

- 4 beef steak (approx. 800g)
- 20 ml olive oil
- 1-2 tablespoons mustard
- 150 - 200 g rocket
- Balsamic vinegar or wine vinegar
- pepper
- 1 tablespoon [Vegeta Beef Stock Powder](#)



Preparation time: 30 min

Energetic value: 887 kcal / 3708 kJ

Demanding:

### Preparation

1. [Spread the mustard all over the beef steak and then place in a porcelain or glass dish. Cover with olive oil and let stand for approximately 2-3 days, in the fridge, covered with cling or foil wrap.](#)
2. [Before cooking, cut the meat in to 4 slices. Score each of the slices, but not all the way through and then open \(much like an open book shape\).](#)
1. [Slice the meat in to 4 slices. Score each of the slices, but not all the way through and then open \(much like an open book shape\).](#)
2. [Then spread each slice with mustard, cover with oil and let stand covered, in the fridge for about 2 hours.](#)
3. [Then continue with the preparation, in the same way.](#)
4. [Sprinkle the meat slices with Vegeta Beef Stock Powder and let stand in the oil for further 10 minutes. This time, can be used to prepare and warm up the BBQ plate.](#)
5. [Place the steak on the oiled, hot plate and cook 3-4 minutes each side, or as desired.](#)
6. [While the steaks are cooking wash and prepare the salad. Simply sprinkle balsamic vinegar over the salad and divide on to the serving plates. When the meat is cooked, it can be arranged on top of the salad leaves.](#)

### Serving

[Sprinkle some pepper and serve.](#)





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### Tip

This meal can also be made using a pan with a thicker bottom.

Balsamic vinegar can be substituted with wine vinegar.

### My notes

