

Simple seared sirloin, with busted tomatoes and olives



Simple seared sirloin, with busted tomatoes and olives Romas Foord

Mimi Spencer

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Serves 1; 323 calories per serving

200g sirloin steak, trimmed of visible white fat

A little olive oil

Salt and pepper

1 vine (about 8-10) cherry tomatoes

½ tbsp olive oil

Pinch of chilli flakes

4 black olives, halved and pitted

1 Heat a griddle pan until searingly hot. Rub steak with a little olive oil, season well and sear for 2-3 minutes on each side or until cooked to your liking. Rest.

2 Preheat the oven to 200C/Gas 6. Place tomatoes, olive oil, chilli flakes, salt and pepper and olives in a small ovenproof dish and bake for 15-20 minutes. Serve alongside the steak.

Fast Cook by Mimi Spencer is published by Short Books, and is available from the Times Bookshop for £8.99 (RRP £9.99), free p&p, on 0845 2712134; timesbooks.co.uk

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