

Fillet steak with green beans and herb butter

Mums: Main Meals

Preparation Time: 5-10 Minutes Cooking Time: 15-20 Minutes Serves: 2 adult portions

What you need

- 2 fillets of steak, cut thick or thin to your taste
- 200g / 8oz green beans, trimmed
- 75g / 3oz unsalted butter
- 1 tsp chopped fresh parsley
- Sea salt and freshly ground black pepper

What to do

- Place a daub of butter on either side of the steak fillets, then combine the remainder with the parsley and season well.
- Cook the green beans in salted boiling water for 4 – 5 minutes, until just tender (or in a steamer), and quickly refresh under cold running water to keep colour.
- Heat a griddle pan until smoking, then fry the steak for 3 – 4 minutes each side, until just cooked through, then divide the parsley butter between the two steaks, and serve with the beans.