

# ribs and rumps

## SURF & TURF



### INGREDIENTS: Serves 1

280g beef tenderloin

3 prawns

3 asparagus spears

1 knob of butter

1 tsp chopped garlic

4 tbsp white wine

150ml cream

1 pinch salt & pepper

### METHOD:

Cook the fillet to the desired temperature.

Whilst the fillet is cooking, heat up a pan and add butter, garlic and prawns.

Deglaze the pan with some white wine.

Season the prawns, then add the cream, and reduce.

Bring a small pot of water to the boil for the asparagus.

When the fillet is almost ready, place the asparagus in the boiling water for 1 min then drain.

Add asparagus to the pan of prawns.

Place the fillet onto a plate. Place the prawns on the top of the fillet.

Pour some of the sauce over the steak and then garnish with the asparagus.

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