



Everything
But The Chef

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Grilled Porterhouse with Italian Cannellini & Rocket

Here at HelloFresh, we get you. Sometimes you want a good novel, but other times you want some trashy TV. And why not have both? Tuck into some juicy pub rock steak on a bed of fine Italian cannellini beans and rocket and enjoy the fusion of high and low. Bellissima!



Prep: 10 mins

Cook: 15 mins

Total: 25 mins



level 1



Porterhouse Steak



Red Onion



Garlic



Cannellini Beans



Rocket



Lemon

2P	4P	Ingredients
3 tbs	6 tbs	olive oil *
2	4	porterhouse steaks
1	2	red onion, diced
2	4	garlic cloves, peeled & crushed ⊕
1 tin	2 tins	cannellini beans, drained & rinsed
70 g	140 g	rocket, washed
1/2	1	lemon, juiced ⊕

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	3310	Kj
Protein	79.7	g
Fat, total	40.5	g
-saturated	8.4	g
Carbohydrate	19.2	g
-sugars	7.7	g

Measuretool

0 cm	1 cm	2 cm



1 Heat some **oil** in a pan or griddle over a high heat. Season your **steak** with **salt** and **pepper** on both sides just before you add the steak to the pan. Cook the steak for **3-4 minutes** on either side. Cooking time will vary depending on your preference and the thickness of your steak. Remove from the pan and leave aside, cover with foil, and leave to rest for **3 minutes**.

Tip: the closer your steak is to room temperature before cooking it, the more tender it will be!



2 While the steak is resting, heat some oil in a pan over a medium heat. Add the **onion** and **garlic** and sauté for no longer than **a minute**, now add in the **cannellini beans** for a further **30 seconds** or until just warmed through. Remove from the heat and add to a salad bowl. Toss through the **rocket**, remaining olive oil, and **lemon juice**. Season well with salt and pepper.



3 Serve your well rested steaks alongside the cannellini salad and enjoy



Did you know? Beans are the only cultivated plants that actually enrich, rather than deplete, the soil while growing.