



Steak with *caramelised onions* and **orange-horseradish cream**

Portions: 2

Preparation time: 45 min

INGREDIENTS



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2 rump steaks
2 tablespoons oil
Freshly ground pepper
Coarse sea salt

For the fried onions:

2 onions
2 tablespoons oil
2 tablespoons sugar
Salt

100 g mangetout (sugar snaps)

3 tablespoons cashew nuts, roasted
200 g mixed green salad, washed
1 red peperoni, cut into rings
Orange-horseradish cream
1 tablespoon freshly squeezed
orange juice

PREPARATION



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1. For the rump steaks: Heat oil in a pan. Sear the steaks for 2 minutes on both sides, add salt and pepper and remove from the pan. Allow to cook further for 5-10 minutes in an oven pre-heated to 120 °C (fan oven).

2. For the fried onions: Peel onions and cut into rings. Sauté onion rings in hot oil. Stir in sugar with a pinch of salt and continue to sauté until caramelised mass forms.

3. Boil mangetout in lightly salted water for 3–4 minutes until firm to the bite.

4. Serve steaks on a plate with mangetout, caramelised onions, peperoni, salad and roasted cashew nuts and drizzle with orange juice.

Goes perfectly with orange-horseradish cream.



Bon appétit!