

YOUNG LIVING[®]
ESSENTIAL OILS

CHEF KATE

CULINARY OIL
BRAND AMBASSADOR
& CHEF-TO-THE-STARS



STEAK SANDWICH WITH LEMON & PEPPER SAUCE



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SERVES 2 **PREP TIME** 10 minutes **ROASTING TIME** 5 - 10 minutes

A NOTE FROM CHEF KATE

“This steak sandwich is a quick and easy recipe and the perfect dish to create for Father’s Day or any day of the year! The lemony sauce is great and really brings the flavours together. You can add a little BBQ sauce if desired too.”

INGREDIENTS

- 2 Steaks, approximately 250 g each
 - Olive oil or butter *For cooking steaks*
 - Salt and pepper, to taste
 - Bread rolls of choice
- 4 tbsp. Mayonnaise
- 1 tsp. Dijon mustard, to taste
- 1 tsp. Honey, to taste
- 2 drops Young Living Lemon essential oil, to taste
- 2 drops Young Living Black Pepper essential oil, to taste
- 2 Ripe medium tomatoes, sliced
- Lettuce or rocket leaves



METHOD

1. Make the sauce by mixing the mayonnaise, mustard, honey, Lemon and Black Pepper essential oils and salt and pepper to taste.
2. Prepare the bread by cutting in half between the top and bottom and toast if desired. Spread the sauce on the pieces of bread and set aside.
3. Lay the tomatoes on the bottom slices of bread and then add lettuce leaves on top.
4. Dry the steaks and generously sprinkle with salt and pepper, then place on a medium frying pan. Sear, grill or BBQ steaks on medium high heat. Let them rest 2-3 minutes before slicing.
5. Slice steaks into pieces and place on top of the lettuce, then add some more lemon & pepper sauce if desired. Place the tops of the bread on, cut in half diagonally and enjoy!

NOTE: You'll need approximately 250 g of steak per sandwich, but use less or more as you like. For a vegetarian option, try grilling slices of 2 medium zucchini or haloumi in place of the steak.

TIP: You can either pan sear, grill or BBQ the steaks until they are cooked to your liking. The secret to making a great pan seared steak is to dry it on all sides with a paper towel, salt and pepper it well, then cook on medium high heat, turning the steak once until done, and resting it for 3 minutes or so.