

Beef and Reef with Tarragon Butter

Ref:

Serves 4

Cuisine: British

Preparation Time: 10 Minutes (plus freezing time)

Cooking Time: 20 Minutes

Ingredients:

90g	Butter, softened
2 cloves	Garlic, crushed
1 tbsp	Fresh tarragon, finely chopped
2 tsp	Dijon mustard
540g (12)	Medium prawns, uncooked, tails on
4 x 250g	Rib-eye Steaks, bone in
185g	Asparagus

Method:

1. Combine butter, garlic, tarragon and mustard in a small bowl. Place butter mixture on a piece of cling film and shape into a log and wrap tightly.
2. Freeze for 1 hour or until firm. Remove 15 minutes before serving.
3. Devein the prawns but leave the tails on.
4. Cook the beef on a heated griddle for 6 minutes on each side or until cooked to your liking. Remove from the heat, cover and rest for 5 minutes.
5. Cook the prawns and asparagus on the griddle for 4 minutes or until just cooked through.
6. Serve beef topped with the tarragon butter, prawns and asparagus.

To Serve:

Chef's Notes: