

## Fresh matured T-BONE beef steak (with bone) served with rocket



### Preparation

1. Beat the matured steak with a kitchen mallet or a rolling pin.
2. Pour the spices, oil and vinegar into a plastic bag, add the beaten steaks and place the meat into the fridge for about 30 minutes to marinate.
3. Cook the marinated meat on the grill, or fry in an appropriate pan (ideally one that is highly resistant to heat, for example an iron pan) over a very high heat until the meat is cooked. Fry every side of the steak for two minutes without turning and allow to stick to the pan slightly to get a nice brown crust.
4. Beef can be eaten slightly undercooked, because it is not a pork or chicken, and matured beef is particularly delicious served rare.
5. The T-BONE steak can be served with fried potatoes and the rocket.

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### INGREDIENTS

|                   |  |
|-------------------|--|
| 350-400 g         | KITCHEN me fresh matured T-BONE beef steak |
| 1 clove           | Garlic                                     |
| 1 tsp.            | Wine vinegar                               |
| 1 pinch           | Salt                                       |
| 1 pinch           | Black pepper                               |
| 1 pinch           | Coriander seeds                            |
| 1 tbsp            | Olive oil                                  |
| 1 handful         | Rocket                                     |
| According to need | Potato slices                              |