

Creamy mushroom sauce with barbecue steaks



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Preparation: about 10 minutes
Cooking: about 15 minutes
Serves: 2

1 tbs olive oil
250g gourmet mixed mushrooms sliced*
2 garlic cloves, thinly sliced
¼ cup dry white wine
½ cup thickened cream
1 tsp thyme leaves
Salt and ground black pepper
2 thick beef sirloin steaks
Olive oil cooking spray
Potato fries, rocket leaves and halved cherry tomatoes, to serve

(* often sold pre-packed. Use a mixture of shiitake, swiss brown, enoki, king and oyster mushrooms)

1. Heat oil in a large non-stick frying pan over medium heat until hot. Add mushrooms and garlic. Cook, tossing occasionally, for 2 minutes. Stir in wine and simmer for 2 minutes. Stir in cream and thyme. Heat, stirring occasionally, for 2–3 minutes until slightly reduced. Season with salt and pepper. Reduce heat and keep warm.
2. Preheat a greased barbecue or char-grill over medium-high heat. Spray steaks with oil and season with salt and pepper. Barbecue or char-grill steaks, for 4–5 minutes on each side (for medium-rare depending on thickness) or until cooked to your liking. Transfer to a plate, cover and rest for 5 minutes. Serve steaks with mushroom sauce, potato fries, rocket and tomatoes.



Mushrooms

- Supply worthwhile quantities of six of the 8 B-complex vitamins, including thiamin (B1), riboflavin (B2), niacin (B3), folate, pantothenic acid (B5) and biotin. These vitamins play many roles and are vital in the reactions within the body that produce energy from proteins, fats and carbohydrates.
- Great flavour for virtually no fat and low in kilojoules (less than 100 kJ/100g).