Steak with White Bean Puree

A rich, delicious steak served over a silky white bean purée — simple, hearty and perfect for any occasion.

Recipe supplied by Australian Beef.

Ingredients

4 x 200g steaks

2 x 400g cans cannellini beans, drained and rinsed

2 tbs lemon juice

1 small garlic clove, crushed

2 tbs extra virgin olive oil, extra to serve

2 tbs tarragon, chopped, extra to serve

Mixed beans to serve, green beans, broad beans edamame

Method:

1. In the bowl of a food processor combine cannellini beans, lemon juice, garlic, half the oil and 2 tbs water. Process until smooth. Transfer to a bowl, stir in the tarragon. Season.

2. Brush the steak with remaining oil, season. Heat a barbecue or chargrill pan on medium high heat. Cook steak for 3-4 mins each side for medium rare or until cooked to you liking. Transfer to a clean plate. Cover loosely with foil and rest for 5 minutes. Thinly slice.
3. To serve divide the bean mixture amongst plates, top with steak, beans extra tarragon and drizzle with a little extra virgin olive oil.