

Sirloin steak with Provençal vegetables cooked in Newky Brune with rocket and sweetcorn salsa in a tortilla

Although they last right through until the Autumn, these Provençal regulars are just great in August and their flavours work really well together.

Provençal Vegetables (to serve 4)

- 2 red peppers – sliced
- 2 green peppers – slice
- 2 aubergines – cut in half then sliced
- 2 courgette – sliced
- 1 small onion – sliced
- 2 garlic cloves – sliced
- 100ml olive oil
- 440ml Newcastle Brown Ale
- 6 plum tomatoes – diced

Sweetcorn salsa

- 2 fresh sweetcorn – boiled and stripped of its kernels
- 1 tbsp mint
- 1 tbsp coriander
- 2 limes – juice and zest
- 3 lemons – juice only
- 4 tbsp sambal
- 4 good quality sirloin steaks

Method


- **Provençal vegetables**
Sweat the onions in oil until soft, add peppers, then garlic and gently fry for 5 minutes.
- Add courgettes and aubergines and fry for 5-10 minutes until soft.
- Add tomatoes and beer, season with salt and pepper and roast in oven until tender.

- **Sweetcorn salsa**

Blitz sweetcorn in a food processor with herbs, lemon & lime juice, lime zest and sambal and season to taste.

Assembly

- Fry sirloin steak to order and leave to rest for a good ten minutes.
- Warm tortilla through and place on a warm plate with Provençal vegetables on top, followed by the steak, rocket and salsa.
- Serve immediately.



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