

# T-BONE STEAK WITH VEGETABLES



Serves 2



6 minutes



1 Mibrasa casserole dish

## INGREDIENTS

600g T-bone steak  
1 large courgette  
Baby carrots  
Butter  
Salt  
Pepper

## METHOD

- Rest the steak in the Mibrasa's upper cabinet or heating rack for 5 minutes. Place the granite slab next to the resting steak.
- Add a knob of butter to a Mibrasa casserole dish with some baby carrots and cook to brown for 2 minutes, turning once to cook for another minute. Cut the courgette to 6mm thick slices and lightly grill for 2 minutes on each side.
- Place the steak on the grill and cook for 3 minutes, turning over once to cook for another 2 minutes.
- Take the steak out from the Mibrasa oven and leave to rest for 2 minutes in a casserole dish at room temperature.
- Cut the steak into thick generous slices and serve on top of the preheated Mibrasa granite slab. This will keep the meat hot on serving and if the diner wishes, he/she can cook to desired doneness at the dining table.

