



Beef Medallions with Capers

20 minutes

Hands on

2

Portion(s)

1

Difficulty



Method

For the pan roasted tomato

- In a large bowl, add all of the ingredients apart from the tomato slices.
- Mix well with a spoon and then add the tomato.
- Gently stir to coat tomato in marinade.
- Place a pan over medium to high heat and let it get very hot.
- Add the tomatoes and roast for 2-3 minutes on each side.

For the beef medallions

- Combine the flour, salt and pepper in a bowl.
- Finely chop the first 5 sprigs of thyme and add them to the bowl.
- Lightly wash the beef medallions with water and pat them dry with paper towels.
- Transfer to the bowl with the flour mixture and lightly dredge. Tap to remove excess flour.
- Place a nonstick pan over medium to high heat. Add some olive oil and wait for it to get very hot.
- Add the meat medallions in batches and begin to sauté.
- Add the crushed garlic, the second 5 sprigs of thyme and sauté for 2-3 minutes until they turn golden and cook through.
- Transfer to a plate.
- Wipe down the pan and place over medium heat.
- Add the butter and sauté until it becomes a light golden brown in color.
- Add the red wine vinegar, capers, salt and pepper.
- Add the medallions, heat through and coat in sauce.
- Sprinkle with parsley.

For the eggs

- Place a pan over medium to low heat.
- Add 1 tablespoon of olive oil and the eggs while the pan is still cold.
- Season with salt and pepper and cook for 3-5 minutes.

To serve

- Arrange the medallions on a serving plate.
- Add a slice of tomato, an egg and repeat once again.
- Drizzle with sauce and serve with fresh spinach leaves.

Ingredients

For the roasted tomato

- 1 clove(s) of garlic, thinly sliced
- 1 tablespoon(s) thyme, fresh
- salt
- pepper
- 1 pinch granulated sugar
- 1 tablespoon(s) olive oil, for sautéing
- 1 tomato, medium sized, cut into 1 cm rounds

For the beef medallions

- 80 g all-purpose flour
- 1 1/2 teaspoon(s) salt
- 1 teaspoon(s) pepper
- 10 sprig(s) thyme, fresh
- 1/2 kilo beef, medallions
- 3 tablespoon(s) olive oil
- 2 clove(s) of garlic, crushed
- 60 g butter, cut into pieces
- 1 1/2 tablespoon(s) vinegar, of red wine
- 2 tablespoon(s) capers
- 2 tablespoon(s) parsley, finely chopped
- 4 eggs
- spinach, fresh leaves to serve

Διατροφικός πίνακας

Nutrition information per portion

1010 Calories (kcal)	64.0 Total Fat (g)	19.0 Saturated Fat (g)	33.0 Total Carbs (g)
51%	91%	95%	13%
3.4 Sugars (g)	71.0 Protein (g)	4.4 Fibre (g)	5.4 Sodium (g)
4%	142%	18%	90%