



Sirloin steaks in a tomato and caper sauce

This delicious main meal is perfect at the end of a long day. Quick and tasty, but very filling and satisfying. Cook the steak how you like to have it, whether that's blue right through to well done. This dish and fantastic regardless!

Ingredients

- 3 TBS olive oil
- 4 x 150g thin sirloin steaks
- 2 garlic cloves, thinly sliced
- 6 anchovy fillets, chopped
- 2 TBS capers, rinsed
- Small handful flat-leafed parsley, finely chopped
- 400g tin plum tomatoes
- 1 tsp dried oregano



Serves 4

Method



only for weight maintenance

1. Heat the oil in a large frying pan until hot. Add the steaks and fry for 1-2 minutes on each side until browned. Remove from the pan and set aside
2. Put the pan back on the heat and add the garlic, anchovies, capers and parsley. Fry for 2-3 minutes, then add the tomatoes and oregano. Cook over a high heat for 1 minute, stirring
3. Reduce the heat and return the steaks and any juices to the pan
4. Stir to coat with the sauce and simmer gently for 5-10 minutes
5. Serve with a large green salad

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