



# Rump Steak and Mushroom Salad

Serves 4 (or 16 as a taster)

## INGREDIENTS

600g of grass-fed rump steak, room temperature  
4 large field mushrooms, sliced  
500g of cherry tomatoes  
½ bunch of thyme  
50g of rocket  
50g of water cress

## DRESSING

60ml of olive oil  
30ml of red wine vinegar  
2 tsp of seeded mustard

## METHOD

1. Preheat oven to 180c.
2. Place the mushrooms and cherry tomatoes on a baking tray, drizzle over some olive oil, the sprigs of thyme and season with salt and pepper. Place the tray in the oven and roast for
3. 25-30 minutes, remove when the tomatoes are blistered and the mushrooms cooked through.
4. Place a frypan over a medium-high heat and add a splash of olive oil. Generously season both sides of the steak with salt and pepper and then place it in the fry pan, cooking for approx 3 minutes on each side for medium rare. Remove the steak from the pan and allow to rest.
5. In a small mixing bowl, combine the ingredients for the dressing. Slice the rested steak and arrange on a serving platter with the roasted mushrooms, tomatoes and greens. To finish, drizzle the dressing over the salad.

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