

Sea salt beef tataki and mignonette, avocado and grilled mango salad

Recette pour 4 personnes

Description

A beautiful beef tataki with a mignonette and sea salt crust accompanied by a fresh avocado and grilled mango salad.

Ingrédients

Avocado and mango salad

- 2 Unit(s) Avocado
- 2 Unit(s) Yellow mango
- 1 Unit(s) Lime juice
- 2 Unit(s) Green onion
- 2 Sprig(s) Fresh cilantro
- 25 Ml Olive oil
- 2 Unit(s) Italian tomatoes
- 1 Unit(s) Chopped garlic
- 1 Tsp Dijon mustard

- Salt and pepper

Beef tataki

- 320 Gr Boston cut beef
- 10 Gr Fleur de sel
- 10 Gr Ground pepper
- 25 Ml Olive oil

- Salt and pepper

Préparations

Temps de préparation **30 mins**

Preparation

Crush the pepper mignonette with a mortar and pestle or with a pot/pan.

Peel and cut the mango into thick strips.

Peel the avocado and cut into nice cubes.

Deseed the tomatoes and cut into nice cubes.

Beef tataki

Cut the beef into nice 2x2cm pieces, then generously season with sea salt and the pepper mignonette.

In a hot drying pan with a thread of vegetable oil, sear the beef for 45s-1min on each face.

Set aside and when ready to serve, cut into 1/2 cm slices.

Avocado and mango salad

Lightly oil the mango. In a grilled pan or on a the BBQ, mark the mango on all sides to give it a nice char, then set aside and let cool. Once fully cooled, cut into nice julienne (sticks).

In a mixing bowl combine all the elements of the vinaigrette, garlic, olive oil, salt, pepper, Dijon mustard and lime juice.

When ready to serve, mix the avocado's and the mango sticks into the vinaigrette. Add the sliced green onions, the tomato cubes and the chopped coriander.

Plating

On a rectangular plate, make a nice straight strip of the mango and avocado salad. Next place the slices of beef on top of the salad. Season with a pinch of sea salt.

Bon appétit!