

Fillet Steak with Chilli Snow Peas

Serves: 1

Prep time: 5 Minutes

Cooking time: 6-8 Minutes:

Ingredients:

- 1 tablespoon chilli infused olive oil
- 1 fillet steak
- 1 handful snow peas
- 1 birdseye chilli, sliced
- 1 teaspoon minced garlic
- Salt and pepper



This tender juicy steak is enriched with the flavours of chilli and garlic

Method:

- In a small frying pan add 1 tablespoon of chilli oil
- Heat the pan to medium high heat and pan fry the garlic for 1 minute
- Add the fillet steak cook on both sides turning to brown the edges, cooking time will depend on the thickness of the steak and how you like it
- Remove the steak and let rest, reserve the pan juices to fry the snow peas and chill
- Add the snow peas and chilli to the pan and coat them with the reserved oil and pan juices, cook for 1-2 minutes, stir to prevent browning
- Place steak and peas on a serving plate and season to taste