



Irish Steak with Pear, Cashel Blue Cheese & Walnut Salad

Cashel Blue is one of Ireland's most coveted cheeses. Its origins are traced back to the beginning of the 19th century however the recipe for the cheese you will enjoy this evening was initially crafted in the mid 1980's by Jane & Louis Grubb of Tipperary - the founders of the Irish Association of Artisan Cheesemakers.

Their farm which has grown over the years operates in a very environmentally conscious manor in which 20% of the land is dedicated to maintaining biodiversity.

Pairing the Cashel Blue with flavours such as honey, walnut and rocket really compliment its established rich, full and round flavour.

Nutritional Info

Calories: 503 kcal
 Carbohydrates: 35 g
 Protein: 47 g
 Fat: 21 g

Ingredients

- Striploin Beef
- Pear
- Salad Leaves
 - Fresh Rocket
 - Fresh Spinach
- Honey
- Walnuts
- Cashel Blue Cheese
- Dressing Mix
 - Balsamic Vinegar
 - Rapeseed Oil

Your Pantry

- Olive Oil

Allergens


Milk (Cashel Blue Cheese)
Sulphur Dioxide (Balsamic Vinegar)
Nuts (Walnuts)
May contain traces of other nuts

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) **Make the vinaigrette**

Combine the dressing mix (rapeseed oil & balsamic vinegar) with the honey to make the vinaigrette.

2) **Toast the walnuts**

In a dry pan, toast the walnuts being careful not to burn them.

3) **Cook the steak**

Add some olive oil to a pan and place on a high heat. When the pan is hot add the steak and cook for 1 minute on each side (timing is for rare, if you prefer more well-done, cook on each side for longer). Remove from the pan and allow to rest.

4) **Slice the pear**

While the steak is resting, remove the core from the pear and slice it.

5) **Combine the salad**

Toss the salad leaves together with the walnuts, pear and the dressing.

6) **Plate the dish**

Serve the steak and the salad together and crumble the Cashel blue cheese on top.



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