

Beef n' Beer Steaks

Serves: 4

Preparation time: 5 minutes

Cooking time: 3 minutes

Ingredients

4 steaks, 25mm thick
50 ml draught beer
1 tbsp tomato sauce
1 tsp worcestershire sauce
1 tbsp brown sugar
2 tsp fresh thyme leaves
steamed vegetables to serve



Method

1. Place steaks on shallow dish. Combine remaining ingredients and pour over steaks. Cover and stand in refrigerator for 2 hours.
2. Heat 10ml oil in large heavy based frying pan.
3. Remove steaks from marinade. Cook steaks over moderately high heat for 3 minutes on each side, until well browned. Remove to warm plate. Cover loosely with foil and stand for 5 minutes.
4. Pour remaining marinade into pan cook for 2 minutes until thickened. Pour over steaks.

Tips

Serve with steamed vegetables.

"For more delicious red meat meals, visit www.themainmeal.com.au"