

Pork flank steak, cabbage gratin with Maille grain mustard cream and old cheddar.

Recipe for 4 persons

Description

Pork flank steak simply pan seared, cauliflower and broccoli gratin cooked in cream with Maille grain mustard, topped with old cheddar.

Note

The Maille brand is offering a lot of mustard choices, so don't have any hesitations switching for another one on this recipe

Ingredients

For the pork flank steak

- 4 Unit(s) Pork flank steak
- 6 Sprig(s) Parsley
- Vegetable oil
- Salt and pepper

For the gratin

- 1 Unit(s) Broccoli
- 0.50 Unit(s) Cauliflower
- 150 Ml Maille grain mustard
- 300 Ml Cream 35%
- 100 Gr Old cheddar
- Vegetable oil
- Salt and pepper

Preparation

- Preparation time **30 mins**

For the preparations

Chop the parsley. Cut the cauliflower and the broccoli to pick the top of it. Shred the old cheddar. Mix the cream with the Maille grain mustard, and season it.

For the pork flank steaks

Season the pork flank steaks on both sides. In a hot pan with vegetable oil, sear the steaks 2 minutes on each sides. Reserve it on a baking tray with a parchment paper.

For the gratin

In a big pot of salty boiling water, blanch the cabbages for 10 minutes and strain it well. In 4 casseroles dishes, split the cabbages, the cream with Maille grain mustard, and top it with the old cheddar.

For the plating

Put the flank steaks and the gratins in the oven, take the flank steak out of the oven after 7 minutes and let it rest for 3 minutes. In a plate, put the gratin in the middle, slice the flank, put it on the side

of the gratin, and finish with the parsley on the meat.

Bon appétit!