

Tex-Mex meal bowl; rare beef, pico de gallo, sour cream and tortilla chips |

Recipe for 4 servings

Description

A delicious meal bowl with rare beef flank steak, homemade salsa, sour cream and tostada.

Note

An interesting technique for your tortilla that becomes crispy, don't hesitate to use it as a support for canapés.

Ingredients

Beef

- 450 Gr Beef flank steak

Pico de gallo

- 0.50 Unit(s) Jalapeno pepper
- 30 Ml Olive oil
- 100 Gr Red onion
- 1 Unit(s) Lime juice
- 3 Gr Sugar
- 15 Gr Tomato paste
- 4 Sprig(s) Fresh cilantro
- 300 Gr Italian tomatoes

Salad and garnish

- 1 Unit(s) Romaine salad
- 4 Unit(s) Tortilla
- 4 Tbsp Sour cream
- 1 Unit(s) Lime

Preparation

- Preparation time **30 mins**
- Preheat your **deep fryer** at **375 F°**

For the preparations

Core and chop the jalapeno pepper.

Peel and dice the red onion.

Squeeze your lime juice.

Prune (plunge into boiling water for 2 minutes to remove the skin), seed and crush the Italian tomatoes.

Cut the tortillas into wedges, then plunge them into the deep fryer (ideally without coloring). Then let them drain well, which is now called Tostada.

Pico de gallo

Mix all the salsa ingredients and check the seasoning.

Beef

Season your pieces of meat with salt.

In a hot frying pan with oil, sear the meat, letting it release on its own before turning. Place the flank steaks on an ovenproof tray.

Place in the oven for 4 to 6 minutes. Once out, place them on a rack to rest for 3 to 4 minutes before cutting them into thin slices (the resting time will prevent the blood from coming out of the meat and flooding your plate).

On the plate

Start by dividing the lettuce at the bottom of your plates, then arrange the slices of flank steak on top.

Top the salad with a dollop of sour cream, a little Pico de gallo and your tortilla chips.

Serve with lime wedges.

Bon appétit!