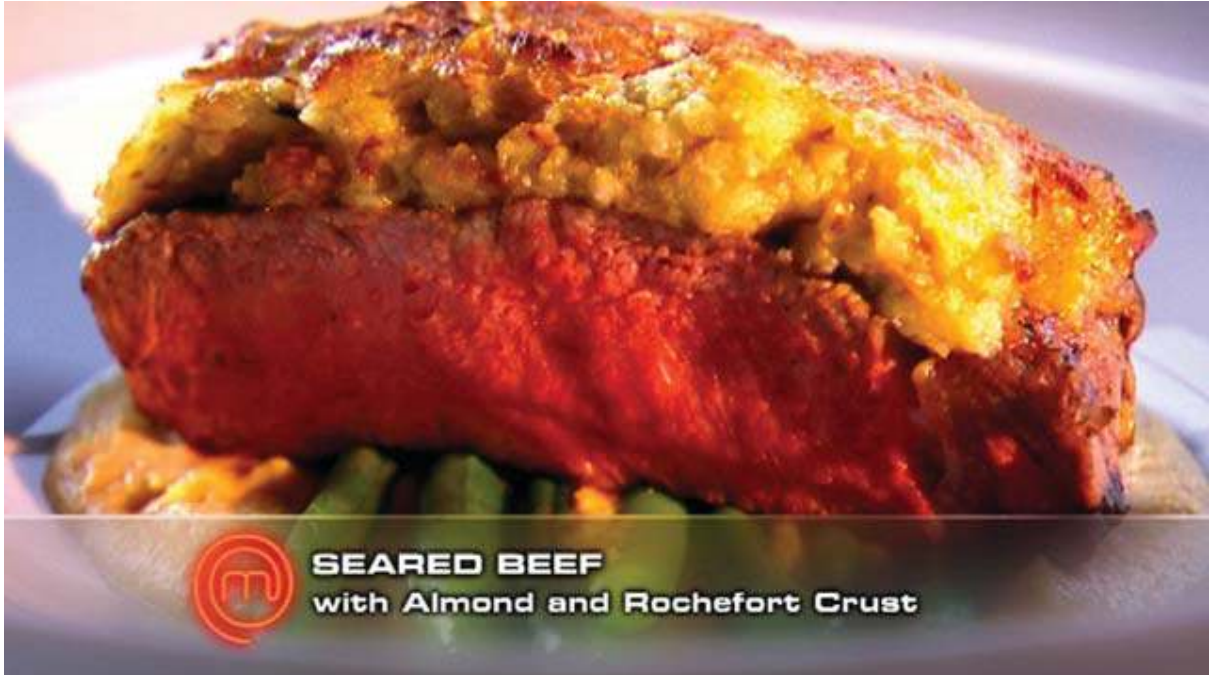


# Seared Beef with Almond and Roquefort Crust



## Ingredients

Rib eye beef  
20g roughly chopped almonds  
1 egg yolk  
30g butter  
1 heaped tsp of roquefort or to taste  
1 sprig of thyme  
50g green beans  
60g canned chick peas

Serves 1

## Method

1. Cream butter and yolk. Add chopped almonds, 1 sprig of thyme and the roquefort. Mix to combine.
2. Season meat. Seal the meat in frying pan for 2 minutes each side.
3. Place meat in oven for 3 minutes at 180°C. Remove and rest for 4 minutes.
4. Smother rib eye generously with the crust mixture and grill for 3 minutes or until it goes golden brown on top.
5. Blanch green beans in boiling water for 30 seconds. Plunge into cold water.
6. Puree chickpeas and use green bean water from the blanching to puree into desired consistency.
7. Place puree on a plate. Place 5-6 green beans on top. Cut rib eye into thin pieces and arrange on the beans.