



## SCOTCH FILLET

Swan Bay Butchers

### Scotch Fillet with Pesto Zucchini Noodles

Prep Time: 10 minutes

Cooking Time: 20 minutes

Serves: 4

#### INGREDIENTS:

- 600g scotch fillet steaks, fat trimmed
- 1 bunch asparagus, trimmed
- 4 medium zucchinis, spiralsised into zucchini noodles ("zoodles")
- ½ cup basil pesto
- 200g grape tomatoes, halved
- ¼ cup pine nuts, toasted
- 30g parmesan, finely grated
- Basil leaves, baby rocket leaves, lemon wedges, to serve



#### METHOD:

1. Lightly spray a char-grill pan or barbecue with oil. Heat over medium-high heat and cook steaks for 3-4 minutes each side or until cooked to your liking. Set aside on a plate loosely covered with foil to rest for 5 minutes. In the same pan, cook asparagus for 3-4 minutes until lightly charred. Cut asparagus into 3cm lengths.
2. Meanwhile, lightly spray a large non-stick frying pan with oil. Heat over medium heat, add zoodles and toss for 1-2 minutes to heat through. Add pesto, tomatoes, asparagus and pine nuts and toss to coat. Season.
3. Thinly slice beef. Top zoodle mixture with beef, sprinkle with parmesan and basil. Serve with rocket and lemon wedges.