

## Bavette (Flank) Steak with bell pepper and apricot relish

Serves 4

### INGREDIENTS

**600 g** flank steaks  
**200 g** baby orange bell pepper  
**50 g** dried apricots  
**1** chili  
**1** onion  
**3** cloves garlic  
**2 tbsp** olive oil  
**1 tbsp** Piment d'Espelette  
**80 ml** white balsamic vinegar  
**20 g** sugar  
**50 g** unsalted butter  
**1** small bunch of fresh thyme  
salt  
pepper  
vegetable oil (for frying)



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### METHOD

1. Remove tops and core from mini bell peppers. Slice into thin strips. Finely slice dried apricots. Cut chili into fine rings and finely dice onion and one clove of garlic. Leave the skin on the remaining garlic cloves, crush lightly with the blade of a knife, and set aside.
2. Heat olive oil in a small pot at **140°C** using the **frying sensor** and sauté the onion, garlic, and Piment d'Espelette. Sauté gently for 5 min., until translucent. Add the bell pepper, apricot, and chili to the pot and continue to sauté for 2 min. Deglaze with white balsamic vinegar. Let simmer for 2 min. Add sugar and simmer for a few more minutes. Season with salt and remove from heat.
3. Use paper towels to pat the flank steak dry and salt both sides well. Heat vegetable oil on the teppan yaki at **220°C** using the **frying sensor**. Add flank steak and fry on each side for 3 min. Reduce the heat to **140°C**, add butter, crushed garlic cloves, and use the bunch of thyme to baste the steak continually for 2 min. Remove steak from teppan yaki and let rest on a cutting board for approx. 5 min.
4. Stir pan juices into the chutney. Slice the steak into thin strips, across the grain, and serve together with the bell pepper relish. Garnish with fresh thyme. Enjoy!