

# Whitsundays Reef & Beef

A rich creamy garlic seafood sauce over perfectly cooked steak inspired by the tropical Whitsundays.



Prep Time	Cook Time	Serves
15 mins	20 mins	2

## Ingredients

### Steak

- 2 x 300g ribeye or sirloin steaks
- 1 tbsp olive oil
- 1 tsp sea salt
- 1 tsp cracked black pepper
- 1 tbsp butter

### Seafood

- 6 large prawns, peeled
- 6 scallops
- 150g calamari rings
- 1 tsp olive oil

### Cream Sauce

- 2 tbsp butter
- 4 cloves garlic, finely chopped
- 1 small brown onion, finely diced
- 1 cup thickened cream

- 1/2 cup chicken stock
- 1/3 cup dry white wine
- 1/2 cup grated parmesan cheese
- 1 tsp wholegrain mustard
- 1 tsp lemon juice
- 1 tbsp chopped parsley

## **Method**

### **1. Prepare the Steaks**

Season steaks with sea salt and cracked pepper. Heat a cast iron pan or BBQ plate over high heat. Cook steaks for 3–4 minutes each side for medium rare. Add butter in the final minute and baste. Rest steaks for 8–10 minutes.

### **2. Cook the Seafood**

Heat olive oil in a pan over medium-high heat. Cook prawns for 1½–2 minutes each side, scallops for 1–1½ minutes each side, and calamari for 1 minute total. Set aside.

### **3. Make the Cream Sauce**

Add butter, onion and garlic to the pan and cook for 2–3 minutes. Pour in white wine and simmer for 2 minutes. Add chicken stock and reduce slightly. Stir through thickened cream, parmesan, mustard and lemon juice. Simmer until thickened. Return seafood to the sauce briefly to warm through.

### **4. Serve**

Place steak on warm plates and spoon over the creamy reef & beef sauce. Serve with grilled asparagus, chips or garlic mash.