

Less than 45 minutes

Serves 4

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Ingredients:

Chilli oil:

- 1 cup (250ml) light olive or canola oil
- 2 Tbsp (30ml) chilli flakes or chopped dried chillies

Prego:

- 400g fillet steak (or minute steaks)
- 6 cloves garlic, thinly sliced
- Salt and milled pepper
- Glug olive oil
- ⅓ cup (80g) butter
- 8 Portuguese rolls, halved

Method:

1. Heat oil and chilli in a small saucepan until warm but not hot enough to fry.
2. Set aside to infuse for 20-30 minutes (or longer if you have time).
3. Cut steak into 1cm slices and lay on a chopping board.
4. Dot garlic over steak.
5. Bash garlic into steak with a meat mallet until steaks are about ½cm thick. Season.
6. Heat oil and butter in a large pan until frothy.
7. Fry steaks for 30-45 seconds, then flip and cook for a further 15 seconds.
8. Lay steaks on rolls and drizzle with butter and garlic from the pan.
9. Drizzle with chilli oil and serve immediately.