

Grilled Sandwich with Wagyu Cream Saute



760 kcal
(per serving)



25 min



A sophisticated sandwich with Wagyu sautéed in white wine and heavy cream, garnished with mint and capers.

Makes 2 servings

Wagyu flank (sliced)	200 g
Sandwich bread, thick cut (about 2 cm)	4 slices
Fresh mint	8 leaves
Capers	2 teaspoons
White wine	2 tablespoons
Heavy cream	2 tablespoons
Grain mustard	4 teaspoons
Salt	Pinch
Pepper	Pinch
Olive oil	2 teaspoons

1. Heat 1 teaspoon of olive oil in a frying pan and sauté the Wagyu flank over medium heat, until meat browns. When meat is nearly cooked, add white wine and turn down to low heat. Add heavy cream. Season lightly with salt and pepper, and remove from pan.
2. Spread grain mustard on all four slices of sandwich bread. Top two of the slices of bread with cooked beef, fresh mint, and capers, then top with remaining slices of bread.
3. Heat 1/2 teaspoon of olive oil in a frying pan, and place sandwiches in frying pan. Press down on sandwiches and grill both sides over low heat, until toasted brown. Cut sandwiches in half before plating.