

Wagyu and Cashew Roast



687 kcal
(per serving)



20 min



Roasted cashew nuts add flavor and crunch to this umami-rich Wagyu steak that is perfect with a glass of wine.

Makes 2 servings

Wagyu rib	200 g
Cashew nuts (chopped)	20 g
Zucchini	1/10 (20 g)
Sweet pepper	1/6 (25 g)
Green beans	4 (40 g)
Grain mustard	1 teaspoon
Salt	Pinch
Pepper	Pinch
Olive oil	2 teaspoons
Sauce	
Cassis liqueur	80 ml
Butter	10 g

1. Season Wagyu rib with salt and pepper. Heat 2 teaspoons of olive oil and sear Wagyu rib on all sides over high heat for about 30 seconds each side, until browned.
2. Spread grain mustard on top of meat, and scatter chopped cashew nuts over top. Roast in a 180°C oven, being careful not to burn.
3. Chop zucchini into 1 cm thick rounds. Cut sweet pepper into 1 cm thick slices. Blanch zucchini, sweet pepper, and green beans until tender.
4. Make the sauce. Add butter and cassis liqueur to pan juices from searing steak and heat up the sauce.
5. Arrange beef and blanched vegetables on plates and drizzle with cassis sauce.