Prep & cook time: 15–20 mins

Serves: 2

Difficulty: easy



Steak-filled Staffordshire oatcakes

Flat iron is one of our favourite steaks for a quick lunch. It's tender, full of flavour and especially tasty tucked into a warm Staffordshire oatcake with crunchy iceberg lettuce, creamy avocado and tangy gherkins. Add a dollop of mustard and mayo, fold it all up and tuck in. That's Saturday lunch sorted – although we wouldn't say no on a Tuesday, either. 😉

INGREDIENTS

- 1 flat iron steak
- 1 tbsp olive oil
- 2 Staffordshire oatcakes
- 2 tsp mayonnaise
- 2 tsp mustard
- ½ avocado, sliced
- 1 handful of iceberg lettuce, shredded
- 4 slices of gherkins
- Salt and freshly ground black pepper, to taste

RECIPE

1. Preheat the grill and place a cast-iron griddle or heavy frying pan over a high heat. Pat the steak dry and rub both sides with the olive oil.
2. Once the pan is hot, add the steak and cook for around 3–4 minutes on each side, adjusting the timing to suit its thickness and how you like it cooked. Transfer to a board, season with salt and pepper, and leave to rest for 5 minutes.
3. While the steak rests, warm the oatcakes under the grill for about a minute on each side. Put one on each plate and spread a teaspoon each of mayonnaise and mustard over one half of each oatcake.
4. Divide the avocado, lettuce and gherkins between the oatcakes. Slice the steak thinly across the grain and lay it on top.
5. Fold the other half of each oatcake over the filling and lunch is literally wrapped up!

Tuck in to your new lunchtime favourite!