



Garlic Mango Steak with Strawberries

Chef Cruickshank

Ingredients

1/4 c. freshly quartered strawberries (may sub with blueberries)

2 tbsp. **Garlic Spice Rub**

2 strip loin steaks about 1" thick

4 oz. (1/2 bottle) **Garlic & Mango Dressing**

1/2 sweet onion diced fine

3 oz. white wine

Freshly cracked black pepper



Directions

Rub steaks with the **Garlic Spice Rub**, massaging well into meat. Season with pepper. Let sit on counter 1/2 hour wrapped in saran wrap (this step may be done the night before and left in fridge).

Sauté onion in frying pan in small amount of oil over medium heat just enough to colour. Remove from pan.

Add more oil to pan, increase heat to medium-high and sear steaks each side until medium rare. Remove from pan and keep warm.

Deglaze pan juices with wine until reduced to half.

Add **Garlic & Mango Dressing**, bring to a full boil, stirring.

Remove from heat and whirl in quartered strawberries. (Do not over stir, as berries will bleed.)

Serve sauce over steaks with a side serving of curried rice and spinach salad.

This sauce is also suitable for a pork roast.



www.thegarlicbox.com