Text 2

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| COSTATA alla PIZZAIOLA  SERVES 4  1.5 lb (750 g) thinly sliced sirloin or rump steak or veal or chicken breasts, skinned  6 tablespoons olive oil  3 cloves garlic, peeled and crushed  1.5 lb (750 g) canned tomatoes, sieved  2 tablespoons chopped parsley  3 tablespoons chopped basil salt and pepper  Trim any gristle and fat off the meat, flatten it as much as possible with a meat mallet and set it to one side. Heat the oil in a frying-pan wide enough to take all the meat in a single layer, add the garlic and fry gently for about 3 minutes. Add the tomatoes, parsley and basil, stir and bring to the boil. Slip the meat into the tomato sauce, cook very quickly for about 5 minutes, sprinkle with salt and plenty of pepper and serve at once. |