

Horse meat with mustard and thyme *(Meat main dishes)*



Preparation

Sprinkle the meat with salt (not too much, just to flavour it), spread the mustard on both sides and then sprinkle with thyme leaves. Heat a frying pan with a little oil till quite hot, and sear the meat on both sides, but keeping it rare. When done, add a dash of white wine so as to make a sauce with the mustard and oil. Serve the meat with a few tablespoons of the mustard sauce.

Tips

If you really don't like horse meat, you can of course substitute beef

Trivia

Horse meat is often favoured over other meats for its remarkable wealth of iron, a very important element in our diet.

Information

Preparation 15 minutes

Total Time 5 minutes

Serves X Serves 1 person

Level of difficulty Easy

la terra di Puglia



ACQUISTA SUL NOSTRO SHOP

Autentici prodotti di Puglia solo su

shop.laterradipuglia.it

We ship all over the Europe get an extra **10€ discount** on shipping costs

DISCOUNT10

[click here to access](#)

Ingredients

Horse meat (Skirt steak part if possible)

Mustard

Sea salt

Thyme

White wine