

Fresh herb salsa with BBQ beef & bean salad



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Preparation: about 20 minutes
Cooking: about 8 minutes
Serves: 4

Fresh Herb Salsa

½ cup flat-leaf parsley leaves
⅓ cup mint leaves
¼ cup dill leaves
1½ tbs baby capers, rinsed
1 garlic clove, chopped
2 tbs lemon juice
100ml extra virgin olive oil
1 tsp caster sugar

8 x ½ cm-thick slices lean beef sirloin, scotch fillet or rump steak
2 tbs olive oil
2 garlic cloves, finely chopped
Salt and ground black pepper
300g green and/or butter beans, trimmed
3 radishes, trimmed and very finely sliced

1. To make fresh herb salsa, place all ingredients in a food processor. Process until evenly chopped and well combined. Season with salt and pepper to taste. Set aside.
2. Using a meat mallet, flatten steaks until thin. Place in a medium dish. Combine oil and garlic in a jug. Season with salt and pepper. Drizzle oil mixture over steaks and toss steaks to coat. Cover and set aside for 10 minutes.
3. Meanwhile, heat a medium saucepan of boiling water over high heat. Add beans and cook for 2-3 minutes until just tender. Drain, refresh in cold water and pat dry with paper towel.
4. Heat a large heavy-based frying pan over high heat until very hot. Cook steaks, in batches, for about 30 seconds on each side until evenly seared. Transfer to a plate. Cover and rest for 5 minutes. Arrange beans, radishes and steaks on serving plates. Serve with fresh herb salsa.

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