

Serves 2

Beef sirloin

with chimichurri, charred asparagus and roasted tomatoes



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FOODS



Ingredients

Grilled steak

**ANZCO Foods striploin, cut into 2.5cm steaks
(or pre-cut sirloin steak)**

2 Tbsp olive oil
Salt and pepper

Chimichurri

1 cup parsley, finely chopped
½ cup extra virgin olive oil
2 Tbsp red wine vinegar
3 cloves garlic, minced

1 large red chilli, chopped
1 tsp dried oregano
1 tsp flakey salt
½ tsp black pepper, freshly ground

Vegetable sides

1 bunch of asparagus
6-8 cherry tomatoes, on the vine



Method

1 Make the chimichurri

Chimichurru is a vibrant South American sauce to accompany charred or barbecued meats.

Preparing the chimichurri by hand gives the sauce a great pouring texture.

Chop the herbs, paste the garlic using the side blade of your knife and cut the chilli finely and uniformly.

Stir in vinegar and oil, and leave to sit for a minimum of 2 hours or overnight.

2 Preparing and cooking your beef sirloin

For this recipe a striploin cut has been butchered into traditionally cut sirloin steaks but you can buy the sirloin steaks pre-cut if you prefer.

This lean cut of meat is fast cooking and is suited to chargrill pans or the bbq.

Pat the steak dry with a paper towel, oil lightly on both sides with olive oil, season generously with salt and pepper.

Place steak on the hot grill or BBQ and leave to grill for 2-3 minutes each side (for a 2.5cm steak). Rest steak for 5 minutes before serving.

3 Cooking the asparagus

Remove the tough and fibrous stalks of the asparagus and coat them lightly with oil. Char for 3-4 minutes on a preheated char-grill pan or barbecue.

4 Cooking the tomatoes

Preheat oven to 180°C. Put 2 Tbsp olive oil in a metal roasting dish, add the vine of tomatoes and season. Place the tomatoes in the oven for 7-8 minutes, cook until their skins are just splitting and lifting. Retain the pan juices to pour over the steak.

5 To serve

Place the rested steak, asparagus and tomato on a plate and smother the steak with chimichurri. Pour reserved pan juices over the steak and enjoy.

Plate and enjoy.

