

Serves 2

Beef steak taco bowl

with a colourful
mexican salad

ANZCO
FOODS



HOW-TO VIDEO

Ingredients

Grilled steak

ANZCO Foods striploin, cut into a 500g sirloin

2 Tbsp olive oil
2 Tbsp rice bran oil
Flakey salt and cracked pepper

Mexican salad

2 carrots, julienned or grated
1 avocado, cut into slices
1 punnet cherry tomatoes
Tricolour capsicums

Mesclun salad leaves
Fresh chilli, sliced
1-2 Tbsp sour cream
1 bag corn chips
Coriander leaves, to garnish
Fresh lime



Method

1 Preparing your beef sirloin

Steaks are perfect for a salad bowl, however we chose to roast a piece of 500gm steak and serve it rare with a Mexican salad.

The steak could be rubbed with a Mexican seasoning, there are plenty of good quality spice rubs at the market or specialty stores. For this recipe, we chose to season the steak with salt and pepper and let the natural flavours speak for themselves.

2 Cooking the beef sirloin

Pat the meat dry, gently rub with olive oil and season generously with salt and pepper.

Heat some high smoke point oil such as rice bran in a pan and sear steak on all sides until a dark brown surface has formed. A good sear should take 4-5 minutes.

Place the same pan in a pre-heated oven and cook for 10-12 minutes to reach medium rare, or use a meat thermometer to 65°C.

Once the sirloin has completed its cooking time, wrap it in foil and allow it to rest for 15 minutes.

3 Preparing the mexican salad and serving the taco bowl

We used, julienned carrot, avocado slices, cherry tomatoes, tricolor capsicums, mesclun lettuce leaves, fresh chilli, coriander and sour cream. Serve this with a generous handful of corn chips per person, fresh lime and flakey salt to season.

Other ingredients can be added or switched to suit your tastes, such as freshly shucked corn in season, guacamole, red cabbage slaw, jalapeño and even a mexi-style feta cheese.

Plate and enjoy.

