

STEAK WITH COUSCOUS SALAD



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defrosted rump steak

chilli salt

Woolworths steak rub

lightly bruised fresh garlic clove

extra virgin olive oil

good quality garlic butter

Start by rubbing your steak with a small amount of olive oil, proceed by seasoning your steak with a generous amount of chilli salt, then the steak rub afterwards.

Using a cast iron pan or a non stick pan, heat a generous amount of oil in the pan, once it's hot, add your steak. Fry your steak for about 5 min before flipping it. Once you flip it, add the bruised garlic clove and a good amount of garlic butter to your pan. Once the butter has melted, take a tablespoon and keep scooping the garlic butter olive oil mixture over the steak. Do it as much as you can for maximum flavor. After about 4-5 min, take your steak out of the pan and allow it to rest for 5 min before serving. It's important not to keep flipping your steak while you're frying it, it ruins the flavor profile and does not allow the steak to soak up all the goodness.

Couscous salad :

1 cup Couscous

$\frac{1}{2}$ onion
1 cup Chicken stock
ginger (own preference)
1 garlic clove
1 packet of bitsy bacon
Feta (own preference)
1 can of chick peas
broccoli (own preference)
2 tbsp Balsamic vinegar
spices of your choice/salt and pepper

Add 1 cup of couscous to a bowl, add the boiling hot stock and cover with cling wrap for 7 min. In the meantime, chop your onions, broccoli, garlic and ginger. Sauté the onions, garlic and ginger in olive oil till onions are transparent, add the bacon, sauté till almost ready then add the broccoli. Fry till bacon is ready. After 7 min, fluff couscous with a fork and add the sautéed ingredients, add chick peas and feta to the bowl and stir with fork, add 2 tablespoons of balsamic vinegar and season to taste.

Butternut sticks :
Extra virgin olive oil
Butternut sliced into sticks
Roast vegetables spice
Black pepper

Coat sticks in olive oil and spices, put into the oven for 15-20 min on 180°C.

Photo and recipe: Daniella Steyn