FROM OUR KITCHEN

African Char-grilled Beef



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	15 min	25 min	4

01 Ingredients

- [ ] 4 x 200g beef blade steaks, trimmed
- [ ] 1 cup fresh pineapple, cored and roughly chopped
- [ ] 2 cloves garlic, peeled
- [ ] 1.4 cup peanuts
- [ ] 1 tbsp smoked paprika
- [ ] 2 tbsp sunflower oil
- [ ] 1 broccoli head, cut into florets

Spiced beans

- [ ] 1 tbsp extra virgin olive oil
- [ ] 1 clove garlic, sliced
- [ ] 1 red capsicum, sliced
- [ ] 1 x 400g can cannellini beans, drained and rinsed
- [ ] 1.2 tbsp lemon juice
- [ ] 1 tsp smoked paprika
- [ ] 1.4 cup chopped flat-leaf parsley

02 Step-by-step method

01 Place the blade steaks on a tray while you make the marinade.

02 Place the pineapple, garlic, peanuts, paprika and 1 tablespoon of oil into a blender or food processor, and blend to a smooth paste. Spoon half the marinade over the steaks and marinate for 30 minutes in the fridge. Reserve the remaining marinade for serving.

03 Blanch broccoli in boiling water for 1 minute, then refresh in iced water. Drain and char grill for 1-2 minutes on each side.

04 For spiced beans, heat the oil in a frying pan over low-medium heat and cook the garlic for around 1 minute, until fragrant but not brown. Add the capsicum and cook for 2-3 minutes, and then add the beans, lemon juice and paprika and toss to warm through. Season to taste and fold the parsley through before serving.

05 Heat 1 tablespoon of oil in a large frying pan and cook the steaks for 3 minutes each side for medium. The mixture will catch a little in the pan, but it makes a delicious crust on the beef.

03 Chef's tips

- For a more textural marinade, finely chop the ingredients or pound them in a mortar and pestle.
- To save time, drain a tin of pineapple instead of using a fresh one.
- Try swapping the blade steaks for rump, sirloin or veal schnitzels.