FROM OUR KITCHEN

Barbecued rump steak with pear & blue cheese salad



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	10 min	20 min	4

01 Ingredients

- [ ] 4 4small rump steaks (180g to 200g), fat trimmed
- [ ] 2 tbsp olive oil
- [ ] 2 tbsp white balsamic vinegar
- [ ] 2 tsp Dijon mustard
- [ ] 1 tsp honey
- [ ] 2 tbsp olive oil
- [ ] 1 bunch rocket leaves, trimmed
- [ ] 2 barely ripe pear, cored and sliced thin
- [ ] 180 g soft blue cheese

02 Step-by-step method

01 Brush the steaks lightly with oil and season with a little sea salt and freshly ground pepper. Preheat the barbecue flat-plate to hot before adding the steaks.

02 Cook the steaks on one side until the first sign of moisture appears. Turn the steaks once only. Test for the degree of doneness with tongs. Rare is soft, medium feels springy and well done is very firm.

03 Remove the steaks from the heat, cover loosely with foil and allow to rest for 2 to 4 minutes before serving.

04 While the steaks are resting, add the balsamic vinegar, mustard, and honey to a bowl. Gradually whisk in the olive oil, and continue whisking until the dressing has emulsified. Season with salt and pepper.

05 Place rocket on plate. Top with the sliced pear and blue cheese, then drizzle with vinaigrette. Serve alongside the steaks.