FROM OUR KITCHEN

Beef, fennel and orange salad

This summery salad is a cinch to make. Take the steaks from the fridge about 10 minutes before pan-frying so they cook evenly. Rest the steaks for five minutes before slicing and tossing with the salad ingredients.



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

01 Ingredients

- [ ] 2 (about 250g each) thick-cut beef rump steaks, fat trimmed
- [ ] 2 tbsp olive oil
- [ ] 2 oranges, segmented, juice reserved
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- [ ] 2 stalks celery, thinly sliced
- [ ] 230 g jar marinated artichoke hearts, drained
- [ ] 1 red capsicum, thinly sliced
- [ ] 1 baby cos lettuce, leaves torn
- [ ] 1 tbsp red wine vinegar
- [ ] 1 tsp Dijon mustard
- [ ] 2 tbsp pine nuts, toasted

02 Step-by-step method

01 Preheat a char-grill pan or barbecue to high heat. Brush steaks lightly with half the oil and season. Cook for 3 to 4 minutes per side, or until cooked to your liking. Remove steaks from heat, loosely cover with foil and allow to rest for 5 minutes. Thinly slice.

02 In a large bowl place orange segments, fennel, celery, artichokes, capsicum, and cos lettuce.

03 In a screw top jar combine the remaining oil, orange juice, vinegar and mustard. Season and shake well to combine. Add dressing and warm beef strips to the salad and toss to combine

04 Sprinkle beef salad with pine nuts, reserved fennel fronds and mint leaves. Serve with crusty bread.

03 Chef's tips

- Thickly cut rump, rib eye/scotch fillet or sirloin/porterhouse/New York steaks work best for beef salads like this one.

- Swap red capsicum for green or yellow capsicum. Add some pitted green olives if desired.

- Preheat the char-grill pan to hot before adding the meat. Instead of oiling the pan it is better to oil the meat. Either brush it lightly or rub a little oil into the meat.

- Best beef cuts for char-grilling: fillet/tenderloin, rib eye/scotch fillet, sirloin/porterhouse/New York, T-bone, rump, round and blade, oyster blade.