FROM OUR KITCHEN

Beef rib eye with spicy quinoa and bean salad



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

01 Ingredients

- [ ] 4 350g beef rib eye cutlets
- [ ] 1 tablespoon olive oil, plus extra to serve

Mole sauce

- [ ] 2 tablespoons adobo in chipotle sauce
- [ ] 1 ripe banana, chopped
- [ ] 1 teaspoon cocoa
- [ ] 1.4 teaspoon garam masala
- [ ] 1 tablespoon lime juice, plus extra to serve

Quinoa salad

- [ ] 2.3 cup quinoa
- [ ] 1 x 400g can kidney beans
- [ ] 250 g grape tomatoes, halved
- [ ] 50 g rocket leaves

02 Step-by-step method

01 Place beef rib eye cutlets on a plate and brush with oil. Season with pepper. BBQ beef rib eye cutlet for 3-4 minutes each side until medium rare, or until cooked to your liking.

02 Place quinoa in a fine sieve and rinse under cold water, then tip into a medium saucepan, add 1 1/3 cups water and bring to the boil, simmer and cover until grains have opened up, 15 minutes. Rest for 10 minutes, fluff grains with a fork.

03 Place adobo in chipotle sauce, banana, cocoa, garam masala and lime juice in a small food processor or blender and process until smooth. Season to taste.

04 Combine the quinoa with the beans, tomatoes and rocket. Drizzle with a little lime juice and olive oil. Serve beef with the quinoa salad and extra mole sauce spooned over.