FROM OUR KITCHEN

Beef rump po’boy



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
15 min	5 min	20 min	4

01 Ingredients

- [ ] 600 g beef rump steak, trimmed
- [ ] 1 tbsp olive oil
- [ ] 2 Lebanese cucumbers
- [ ] 1 tbsp white vinegar
- [ ] 4 soft, long (15cm) brown bread rolls
- [ ] 1 wholegrain mustard
- [ ] 1 avocado, sliced
- [ ] 2 roma tomatoes, sliced
- [ ] 2 cups shredded iceberg lettuce
- [ ] 1 chilli sauce, to serve

02 Step-by-step method

01 Brush beef with oil and season with salt and pepper. Preheat a frying pan over high heat and cook the steaks for 2 minutes each side. Rest for 5-10 minutes and slice thinly.

02 To pickle the cucumbers, cut them into long batons the length of each bread roll. Sprinkle with a little salt and the vinegar and leave to pickle for 10-15 minutes.

03 Open the bread rolls and spread with mustard and avocado. Fill the rolls with salad and top with sliced beef and chilli sauce.

03 Chef's tips

- Maintain the juiciness of your beef by covering and resting it for 5-10 minutes before slicing.

- Try using flank, sirloin or flat iron steak instead of rump.

- Mini po' boys are ideal for parties, entertaining and kids meals. Just use dinner rolls and switch out the steak for mini beef sausages.