FROM OUR KITCHEN

Cajun spiced y-bone with corn and avocado salsa

These Cajun spiced steaks are perfect for a summer BBQ on a hot day.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
15 min	16 min	31 min	4

01 Ingredients

- [ ] 4 x 250g y-bone steak
- [ ] 2 tsp vegetable oil
- [ ] 1 tbsp Cajun seasoning
- [ ] 2 cobs fresh corn
- [ ] 1 avocado, diced
- [ ] 1.2 small red onion, finely diced
- [ ] 1.2 cup coriander leaves, chopped
- [ ] 1 red chilli, finely diced
- [ ] 1 Zest and juice of 1 lime
- [ ] 1 Dressed cos lettuce leaves, to serve

02 Step-by-step method

01 Rub the steaks with the oil and Cajun seasoning and set aside.

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03 Season the steaks with salt and pepper and grill for 2 minutes on each side or until cooked to medium rare. Place on a plate and loosely cover with foil. Allow to rest for 5 minutes.

04 Meanwhile, cut the corn kernels off the cobs and add place into a mixing bowl. Add the remaining ingredients with some salt and pepper and stir to combine.

05 Serve the steaks with the grilled corn salsa and some dressed cos lettuce leaves.