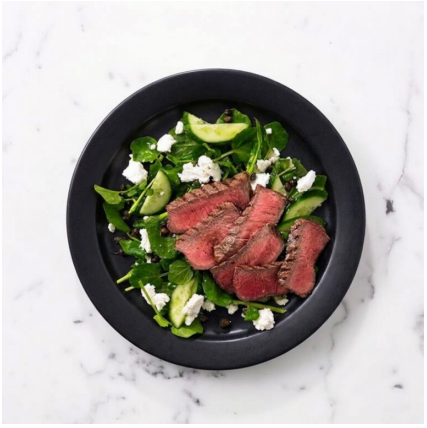
FROM OUR KITCHEN

Char-grilled flat iron steak with feta and capers



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	6 min	16 min	4

01 Ingredients

- [ ] 700 g flat iron beef steaks (or prepare from the oyster blade), 1.5-2cm thick
- [ ] 2 tbsp extra virgin olive oil
- [ ] 2 tbsp capers in salt
- [ ] 4 cups watercress, washed and sprigs picked
- [ ] 1 cucumber , halved lengthways and sliced diagonally
- [ ] 80 g marinated feta, crumbled
- [ ] 1 Juice of 1 lemon

02 Step-by-step method

01 Preheat a char grill over high heat. Brush steaks with 1 tablespoon oil and sprinkle with salt and pepper. Once char grill is very hot, place steaks on grill and cook 2 minutes each side for medium rare. (Shoot note-you may need another minute so steaks are not too red, will depend on how thick steaks are). Allow steaks to rest, then slice thinly.

02 Wash capers and pat dry with paper towel. Heat remaining oil in a small frying pan over high heat and when hot, add capers and fry until crisp. Tip into a small bowl, reserving flavoured oil for drizzling.

03 Arrange watercress and cucumber on serving plate and scatter over feta, fried capers and sliced beef. Drizzle with lemon juice and flavoured olive oil.

03 Chef's tips

- Swap watercress for baby cos or mixed salad leaves.

- Swap feta for slices of haloumi and cook it in the same pan as the capers. Serve hot.

- This salad is also good cold, so perfect to prepare the night before and have as a tasty lunch at work.