FROM OUR KITCHEN

Oyster blade steak with spiced brussel sprouts



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
5 min	25 min	30 min	2

01 Ingredients

- [ ] 2 Oyster Blade steaks
- [ ] 400 g brussel sprouts, quartered
- [ ] 2 tbsp extra virgin olive oil
- [ ] 2 tsp chilli flakes
- [ ] 2 tsp cumin seeds
- [ ] 1 tbsp thyme leaves
- [ ] 1.4 tsp salt
- [ ] 2 cloves garlic, skin on
- [ ] 2.3 cup yoghurt
- [ ] 3 tbsp tahini paste
- [ ] 1.3 cup parsley leaves

02 Step-by-step method

01 Preheat the oven to 190 degrees celsius (fan forced). Line a tray with baking paper

02 Toss the brussel sprouts in a bowl with 1.5 tbsp of oil, the chilli, cumin, thyme and salt (do not clean this bowl you will re use it. Spread out on the lined tray and roast for 25 minutes, or until golden and crispy. Remove the garlic after 20 minutes.

03 The bowl will still have some spices and oil in it, place the steak in this bowl and turn to coat.

04 Make the sauce by combining the yoghurt, tahini, 2 tsps lemon juice and 1 tsp of lemon zest. Season to taste and once the garlic cloves have been removed from the roasting pan, squeeze them in. Stir to combine and set aside.

05 Once the sprouts have been roasting for 15 minutes heat a non stick or cast iron pan on medium high heat. Once hot add the remaining oil, and then once this is hot add your steak. Cook for 1-2 minutes on each side or until browned and cooked to your liking. Allow to rest for a few minutes before slicing.

06 Meanwhile remove sprouts from the oven and dress with a generous squeeze of lemon and the remaining lemon zest.

07 Serve the sliced steak over the yoghurt sauce with the crispy brussel spouts nestled next to it. Scatter with parsley leaves.