FROM OUR KITCHEN

Spice rubbed t-bone steaks



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
15 min	20 min	35 min	4

01 Ingredients

- [ ] 4 x 300g beef T-bone steaks
- [ ] 2 tbsp olive oil
- [ ] 2.01 tsp smoked paprika
- [ ] 1 tsp garlic powder
- [ ] 2 bunches baby carrots, trimmed, peeled, halved
- [ ] 1 tbsp ground coriander
- [ ] 80 g baby kale leaves
- [ ] 60 g goats cheese, crumbled

02 Step-by-step method

01 In a small bowl combine half the oil, paprika and garlic powder. Rub paste over both sides of steaks. Season and set aside for 10 minutes.

02 Place carrots, ground coriander and remaining oil in a large bowl. Season and toss to coat.

03 Heat a barbecue or large char-grill pan over medium-high heat. Add carrots and cook, turning occasionally, for 8-10 minutes or until tender. Set aside in a large bowl.

04 4.Reheat barbecue or char-grill pan over medium-high heat. Cook steaks for 3-4 minutes each side or until cooked to your liking. Set aside on a plate loosely covered with foil for 5 minutes.

05 Add kale to carrots, season and toss to coat. Top with goats cheese.

06 Serve steaks with carrots, potatoes and coriander sprigs.

03 Chef's tips

- Rump, scotch fillet or porterhouse steaks would also be suitable for this recipe.
- Use baby rocket leaves instead of kale.
- Use feta or ricotta instead of goats cheese.