FROM OUR KITCHEN

Thyme beef blade steaks with couscous salad

Learn how to cook a simple, fresh and healthy steak and salad recipe.



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

01 Ingredients

- [ ] 4 bone-in beef blade steaks
- [ ] 2 soft ripe Roma tomatoes, roughly chopped
- [ ] 1 tsp thyme leaves
- [ ] 2 cloves garlic, peeled
- [ ] 2 tbsp sherry vinegar
- [ ] 1 tbsp capers
- [ ] 1 cup Israeli couscous
- [ ] 1.2 tsp turmeric
- [ ] 1 red capsicum, diced
- [ ] 400 g can chickpeas, drained and rinsed
- [ ] 100 g baby spinach

02 Step-by-step method

01 Place steaks in a single layer in a dish.

02 Place tomato, garlic, thyme, vinegar, capers, 1 tbs olive oil and some freshly cracked black pepper in a blender and blend until smooth. Pour marinade over the steaks.

03 Bring 3 cups water to the boil in a medium saucepan, add couscous and turmeric and simmer for 8-10 minutes or until tender, drain and combine with remaining salad ingredients.

04 Preheat a BBQ to medium and cook steaks for 3 minutes per side. Serve with salad.

03 Chef's tips

- Remove your steaks from the fridge 15 minutes before cooking to ensure a more evenly cooked steak.

- Remember to rest you steaks for a few minutes before serving to maximise tenderness and juiciness.

- Try with flank or flat iron steaks.