



SCOTCH FILLET STEAKS WITH DRIED OREGANO RUB

This herb and spice mix is tasty, without being hot, rub it gently over the steaks before barbecuing. Brush the steaks with a little lemon juice as they cook so the herbs and spices don't brown too quickly, or worse still burn! Recipe supplied by Australian Beef.



NORMAL



15 MINUTES



10 MINUTES



4 SERVES

Ingredients

- 4 x 180g scotch fillet steaks, fat trimmed
- 2 tbsp olive oil
- 1 tbsp dried oregano leaves
- 1 tsp cumin seeds
- 1 tsp fennel seeds
- Zest and juice of 1 lemon + extra wedges, to serve
- 1 large eggplant
- 2 x 250g packets microwave brown rice & quinoa
- 1 tbsp caramelised balsamic vinegar
- 4 heirloom tomatoes, cut into wedges
- 1 Lebanese cucumber, diced
- 1/4 cup coriander leaves
- 80g goats cheese, crumbled
- 1 pomegranate, seeds removed

Instructions

1. Cut a few slits in eggplant and place directly over a gas flame using tongs (see tip if you don't have a gas flame). Cook for 10 minutes, rotating every few minutes as the skin chars and eggplant softens. Place on a tray and slice in half lengthways. Scoop flesh into a sieve set over a bowl and allow to drain for 20 minutes.
2. Preheat a char-grill pan or barbecue to high. Brush steaks lightly with half the oil, season then sprinkle oregano, cumin, fennel and lemon zest over steaks. Cook for 3 to 4 minutes per side, or until cooked to your liking, brushing steaks with half the lemon juice while cooking to prevent spice rub burning. Remove steaks from heat, loosely cover with foil and allow to rest for 5 minutes.
3. Meanwhile, prepare quinoa and rice according to packet instructions. Place in a large bowl. Finely chop drained eggplant and add to bowl with remaining oil, balsamic vinegar and remaining lemon juice, stirring until combined. Stir through tomato, cucumber, coriander, goats cheese and half the pomegranate seeds. Season and top with remaining pomegranate seeds.
4. Serve steaks with eggplant quinoa salad and lemon wedges.

Top Tips

- You can use whatever type of tomatoes you like – cherry, truss, grape – in this salad.
- Scotch fillet steak is sometimes called boneless rib eye or rib fillet. This steak is one of the most popular steaks. It's juicy, tender and full of flavour.
- Only buy steaks of an even thickness to ensure they cook evenly.
- To remove pomegranate seeds, cut pomegranate in half, gently break off pieces of pomegranate and ease seeds out.
- Best beef cuts for barbecuing: fillet/tenderloin, rib eye/scotch fillet, sirloin/porterhouse/New York, T-bone, and rump.
- If you don't have a gas flame, you can roast your eggplant in the oven. Simply halve it lengthways, drizzle with oil and roast at 200°C until very tender.