

SMOKEY SCOTCH FILLET

Sweet & smokey flavour make this steak irresistible!

EASY | 20 MINS | 15 MINS | 4 SERVES

Ingredients

- 600g scotch fillet, trimmed
- 3 tbsp olive oil
- 1 tsp sea salt
- 1 tsp black pepper
- 1 tsp smoked paprika
- 4 red capsicums
- 2 tbsp plain Greek yoghurt
- 1 can chickpeas, drained
- 1 large bunch watercress
- 1 large orange, segmented
- fresh herbs (to garnish)
- 1 fresh lime

Instructions

1. Heat a griddle pan on a high heat. Set the steak on a wooden chopping board and drizzle over 2 tablespoons of olive oil, season both sides with salt, pepper and paprika.
2. Prepare the sauce by roughly chopping 2 of the capsicums into cubes and placing in a saucepan of boiling water for 8 minutes until tender.
3. Remove capsicum and transfer to a blender, and add 2 tablespoons of Greek yoghurt. Process until smooth and set aside.
4. Add the steak to the hot pan, cooking for 3 minutes on each side (or until cooked to your liking).
5. Remove steak from the pan and let it rest for 5 minutes whilst you prep the salad.
6. Slice the remaining capsicum into strips and add that, along with the chickpeas and the remaining olive oil back into the same hot pan, cook for 5-8 minutes, stirring occasionally.
7. Plate the watercress, chickpeas, orange segments, and capsicum.
8. Slice the steak and place on top.
9. Serve with capsicum purée, season as desired, garnish with fresh herbs, and squeeze over fresh lime juice and serve immediately.