

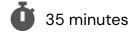




# **BBQ Beef Steaks**

# with Kebabs and Romesco

Beef steaks and rainbow vegetable kebabs barbecued and served with homemade romesco sauce and slices of fresh, crusty ciabatta bread.





2 servings



# Switch it up!

Mix softened butter, crushed garlic and herbs to make garlic bread to serve. Alternatively, cut onion and zucchini into strips, BBQ them and make steak sandwiches.

TOTAL FAT CARBOHYDRATES

70g

#### FROM YOUR BOX

RED CAPSICUM	1
ZUCCHINI	1
SHALLOT	1
CHERRY TOMATOES	200g
BEEF STEAKS	300g
RAW ALMONDS	1 packet
CIABATTA LOAF	1

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried Italian herbs, skewers, vinegar of choice

#### **KEY UTENSILS**

BBQ (or griddle pan), stick mixer or small blender

#### **NOTES**

BBQ out of gas? Have no fear; you can roast the capsicum and the vegetable skewers in the oven and pan-fry the steaks.

For extra flavour, add a garlic clove and a pinch of dried chilli flakes to the romesco.

No gluten option - ciabatta is replaced with GF bread. Slice and toast to serve.





### 1. BBQ THE CAPSICUM

Heat BBQ (see notes) over medium-high heat with **oil**. Roughly chop **capsicum** and add to BBQ. Cook, turning occasionally, for 4-6 minutes until charred. Remove from BBQ and keep heat on.



# 2. PREPARE THE SKEWERS

Cut zucchini and shallot into evenly sized pieces. Toss with tomatoes, oil, 1 tsp Italian herbs, salt and pepper. Thread evenly onto skewers.



#### 3. COOK THE SKEWERS

Add vegetable skewers to BBQ and cook, turning, for 15-20 minutes or until cooked through.



# 4. COOK THE STEAKS

Move skewers to one side of the BBQ. Coat steaks in oil, salt and pepper. Add to BBQ and cook for 2-4 minutes each side until cooked to your liking. Set aside to rest.



# 4. MAKE THE ROMESCO SAUCE

Use a stick mixer to blend barbecued capsicum, almonds, 1 tbsp vinegar, 2 tbsp olive oil, 1 tsp Italian herbs, salt and pepper (see notes) to a smooth consistency.



### 6. FINISH AND SERVE

Slice the **bread** (see cover for notes).

Serve the skewers, steaks, romesco and bread tableside.

