

Great Steaks

PREP TIME 30 MIN | COOK TIME 20 MINS PLUS REST | SERVES 10

RIB EYE ON THE BONE WITH SALSA VERDE

Method

1. Allow steak to come to room temperature for at least 30 minutes before cooking. Pre-heat barbecue to high.
2. For Salsa Verde: Place parsley, basil, garlic and capers in a food processor. Process until finely chopped. With the motor running, add oil and lemon juice. Process until well combined. Season with salt and pepper. Refrigerate until required.
3. Pat steaks dry with a paper towel, using rosemary brush, brush both sides with oil and sprinkle with a good pinch of sea salt. Place on pre-heated barbecue and cook for 10 minutes. Turn and cook for a further 10 minutes, brushing with a rosemary brush. Transfer steak to a plate, cover loosely with foil, and rest for 10 minutes.
4. Carve against the grain. Serve with Salsa Verde, charred gem salad, roasted cauliflower and barbecued corn.

INGREDIENT LIST

Beef

- 5 x 400g rib eye on the bone

Other ingredients

- Sea Salt
- Oil
- 1 bunch Rosemary, tied

Salsa Verde

- 500g flat leaf parsley, leaves finely chopped
- 125g basil, leaves finely chopped
- 10g garlic cloves, crushed
- 30g capers, finely chopped
- 200mls olive oil
- 100mls lemon juice
- Sea salt and cracked black pepper to season

Serving Suggestions

- Salsa Verde
- Charred gem salad
- Roasted cauliflower
- Barbecued corn

