

Chargrilled Steak With Baby Broccoli Recipe

Prep time: 0 mins

Cooking time: 15 mins

Serves: 4

Ingredients

- 4 x 150gm steak (cut of your choice)
- 2 bunches baby broccoli, halved lengthways
- 120g rocket
- 100ml Japanese style miso & sesame salad dressing
- ½ cup (80g) smoked almonds, chopped

Method

1. Heat a chargrill on medium-high. Spray the chargrill with olive oil spray.
2. Season steak to choosing.
3. Cook for 2-3 mins each side for medium-rare or until cooked to your liking.
4. Transfer to a plate and cover with foil. Set aside for 5 mins to rest.
5. Meanwhile, lightly spray baby broccoli with olive oil spray. Cook on grill, turning occasionally, for 2-3 mins or until bright green and just tender.
6. Transfer to a bowl with rocket and dressing. Combine.
7. Divide the rocket mixture and beef among serving plates. Season. Sprinkle with almond to serve



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