

Cumin Beef

with Tabouli & Tomato Salad



beef + lamb
new zealand

You can use beef rump, sirloin, fillet or scotch in this versatile dish. See over for recipe.

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Tomato Salad

Ingredients

4 x 200g rump steaks, trimmed
2 Tbsp each ground cumin and coriander

Tabouli:

1 punnet cherry tomatoes, halved
2 Tbsp cracked wheat (bulgar),
soaked in 2 Tbsp water
1 large bunch flat-leaved parsley,
chopped
1 bunch mint, chopped
4 spring onions, thinly sliced
1 Lebanese cucumber, finely diced
¼ tsp cracked pepper
Juice of 1 lemon
2 Tbsp olive oil
Baba Ganoush and pita bread to serve (optional)



Method

Combine cumin and coriander, rub onto steaks. Coat steaks in a little oil and cook on preheated BBQ grill or frypan, 3-4 mins each side or until cooked to your liking. Remove from pan, cover loosely with foil to rest for 5 mins. Slice steaks across grain. Serve with tabouli, baba ganoush and pita if desired.

Tabouli: Preheat oven to 200°C. Place tomatoes on a baking tray lined with non-stick baking paper and bake 15 minutes or until soft. Place in a bowl and add cracked wheat. Add parsley, mint, onions, cucumber and pepper. Toss through lemon juice and oil and season to taste. Stand at room temperature at least 1 hour before serving. Serves 4.

Recipe courtesy of MLA

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