



Recipe



by MELISSA FROHLOFF

Grilled beef with carrot and couscous salad

Ingredients

- 600g piece of beef rump steak
- 2 tbsp ground coriander
- 2 large carrots
- 2 medium red onions, cut in thin wedges
- 4 garlic cloves, thinly sliced
- 2 tbsp olive oil
- 1/4 cup lime juice
- 1 tbsp lemon pepper seasoning
- 1 cup couscous
- 1 cup boiling water
- 75g baby rocket, roughly chopped

Method

1. Preheat the oven to 180C.
2. Trim the carrot and cut into 4cm pieces and dissect into wedges.
3. Line oven tray with baking paper. Place carrot, onion, garlic, lemon pepper seasoning

and oil on a tray and toss to coat.

4. Roast for 20 minutes until tender.
 5. Coat beef with coriander.
 6. Place couscous in a heat-proof bowl, add boiling water, cover and stand for five minutes.
 7. Stir with a fork to separate the grains.
 8. Add lime juice, carrot mixture and rocket to couscous, toss to combine.
 9. Preheat a Weber Family barbecue on high. Cook steak for three minutes a side for a medium cook.
 10. Rest beef on a plate for five minutes, covering with foil.
 11. Thinly slice the beef, divide among plates, serving beef on top of warm carrot and couscous salad.
- Serves four.