



Everything
But The Chef

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Steak with Green Chilli & Herbed Salsa

Why have steak with boring old chips when you can send your tastebuds to culinary heaven? This salsa works with all sorts of things, but it's particularly lovely with a juicy Porterhouse. Make sure all the ingredients are finely chopped - then all you have to do is bite in and enjoy!



Prep: 15 mins

Cook: 25 mins

Total: 40 mins



level 1



lactose
free



2 pantry
items



Parsley



Oregano



Garlic



Birdseye Chilli



Porterhouse Steak



Tomato



Red Onion



Rocket

2P	4P	Ingredients
1/4 cup	1/2 cup	parsley, leaves picked ⊕
2 tbs	4 tbs	oregano, leaves picked
1	2	garlic clove, peeled & crushed ⊕
1	2	birdseye chilli, chopped ⊕
1	2	red onion, thinly sliced into rings ⊕ A
3 tbs	6 tbs	olive oil *
1 tbs	2 tbs	red wine vinegar *
2	4	Porterhouse steaks
2	4	tomatoes, thickly sliced into rounds ⊕
70 g	140 g	rocket, washed ⊕

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	1580	Kj
Protein	51.9	g
Fat, total	14.5	g
-saturated	5.3	g
Carbohydrate	6.3	g
-sugars	5.5	g

Measuretool

0 cm	1 cm	2 cm



1 To make the salsa, process the **parsley, oregano, garlic, chilli** (only use half if you don't like too much heat) and half of the **red onion** in a food processor until finely chopped. If you do not have a food processor, chop all of the ingredients as small as you can and mix them all together. Stir in the **olive oil** and **red wine vinegar** and then season with **salt** and **pepper**.



2 Heat a lightly greased BBQ grill plate or frying pan over a medium-high heat. Season the **steaks** with salt and pepper and cook until the first signs of moisture appear. Turn steaks once only and continue to cook to your liking. Remove your steaks from the heat, cover with foil, and set aside.



3 To serve, arrange the **tomatoes, rocket**, and the remaining onion on the plates, drizzle with some olive oil, and top with the steaks and herbed salsa.



Did you know? Garlic is believed to repel all sorts of evil. Most commonly vampires, which explains why it's so good with stake!