



BBQ Steak with Mediterranean Vegetable Cous Cous Salad



Serves

4



Prep Time

15 -20 mins



Cook Time

10 - 15 mins

Such a great dinner with all the components ready in no time. Serve with your favourite bbq / tomato sauce or mustards for quick & easy flavour.

Ingredients

4 x 150gm fillet steaks (or steaks of your choice)

Olive Oil

Sea salt & pepper

1 cup cous cous

1 large zucchini

1 eggplant

1 red capsicum

1/ 4 red onion, cut into thin slices

250gms halved cherry tomatoes

Half bunch fresh mint and / or parsley

Dressing

3 tbspsn olive oil

1 tbspsn lemon juice

1 tspn lemon zest

1 small garlic clove, crushed

Salt & pepper

Method

1. Preheat BBQ or grill pan over a medium - high heat.
2. Brush the steaks with olive oil and season generously. Set aside.
3. Cook the cous cous according to packet directions.
4. Place all dressing ingredients in a small jar and shake well.
5. Cut the capsicum, zucchini and eggplant into 1.5cm cubes and toss in a bowl with some extra virgin olive oil and season generously.
6. Cook the vegetables for 8 - 10 minutes on the flat plate of the BBQ until a bit brown (or even a little charred) but not overly soft. Remove to a clean plate and set aside to cool slightly.
7. Cook the steak to your liking, and set aside to rest.
8. While the steak is resting, gently toss together the vegetables, cous cous, halved cherry tomatoes and the leaves of the parsley and mint.
9. Give the dressing another good shake and gently toss through the cous cous before serving with the steak.



Make extra salad and package up for lunch the next day. Keep the dressing in a separate container.
