

Jehan's summer salad with Wagyu chuck

'My parents migrated to Australia in the late 1960s from Lebanon. When I was growing up, fresh homemade food was always a focal point of weekend gatherings with extended family and friends. Also, my father has always had a garden with lots of fresh vegies and some fruit, so I think that's where my love of cooking comes from. This salad, combining vibrant, sweet vegies and tender barbecued meat, is typical of our summer dinners. The salad ingredients are pretty flexible, and you can always use a different protein, but we love this dish with juicy, pasture-fed and finished Wagyu chuck, a cut that is full of flavour. Just ensure your dressing is tangy and packed with lots of flavour to bring it all together.'

Jehan Abouhamad, retail customer

Feeds: 4 | Preparation time: 20 minutes, plus cooling | Cooking time: 35 minutes

4 Wagyu chuck steaks (about 250 g/9 oz each), at room temperature
2 tablespoons coconut oil or olive oil

Salad

2 sweet potatoes, peeled, thinly sliced into rounds
2 tablespoons coconut oil or olive oil
2 tablespoons za'atar
2 lemons
1½ tablespoons maple syrup
100 g (3½ oz) mixed green leaves
1 cos lettuce, core removed, chopped
1 bunch flat-leaf parsley, finely chopped
250 g (9 oz) cherry tomatoes, halved
3 Lebanese (short) cucumbers, thinly sliced
5–6 radishes, trimmed and quartered
1 large fennel bulb (fronds reserved and coarsely chopped), thinly sliced
115 g (4 oz/¼ cup) pine nuts, toasted

Dressing

70 g (2½ oz/½ cup) walnuts
1 bunch flat-leaf parsley, coarsely chopped
1 bunch basil
1 small red chilli, finely chopped
½ garlic clove
1 cup (9 fl oz/250 ml) olive oil

Preheat oven to 160°C (315°F). To make the salad, line two large baking trays with baking paper. Toss sweet potatoes with oil and za'atar and spread them one tray. Squeeze the lemons, reserving juice for the dressing, then coarsely chop the lemons. Toss them with maple syrup and spread them on the other tray. Roast for 25–30 minutes until sweet potato is golden and lemons are caramelised. Cool.

Meanwhile, to make the dressing, process walnuts in a small food processor until coarsely chopped. Transfer to a bowl, then process parsley, basil, chilli, garlic and reserved fennel fronds until finely chopped. Add oil, lemon juice and walnuts to herb mix and process until well combined. Season to taste with salt and pepper.

Preheat a barbecue grill to high. Brush steaks with oil, season with salt and grill for about 4 minutes each side for medium. Transfer to a plate, cover, and rest for 5 minutes.

Combine all the salad ingredients, except caramelised lemons and pine nuts, in a large bowl. Add some dressing, season to taste with salt and freshly ground black pepper, and toss very lightly to coat.

Cut the steaks across the grain into 1 cm (½ in) slices, season with salt and freshly ground black pepper, and add to the salad bowl. Drizzle with a little more dressing, toss everything together gently, and serve topped with caramelised lemons and pine nuts.

