

PEPPER CRUSTED

Ingredients

500 g matured rump steak
coarse black pepper
coarse salt
1 packet couscous
salt & pepper (season to taste)
1 red pepper – fine brunoise (diced)

1 large red or white onion - diced
1 yellow pepper - fine brunoise (diced)
1 yellow pepper - fine brunoise (diced)
2 red chilli pepper – fine chopped
coriander leaves
butter

Method

Coat the rump with coarse black pepper and season with some coarse salt. Sear the matured rump steak in golden brown butter until medium to rare.

Pour couscous into a container, season with salt and pepper. Cover with boiling water - about 2cm above. Allow to absorb water for 10 minutes. Gently stir couscous with a large fork or a two pronged chef fork. Do not use a spoon, this will press the couscous together and make it paste.

Sauté the onions in butter. When the onions have a translucent colour, add the peppers and chilli. Do not keep on heat for too long. The crunch of the peppers still needs to come through.

Mix the peppers and couscous together and mix with some freshly chopped coriander leaves.

Dish is ready to be served.

STEAK

on lightly spiced Couscous & Coriander

