

RIB EYE ON THE BONE WITH SALSA VERDE

PREP TIME 30 MIN | COOK TIME 20 MINS PLUS REST | SERVES 10

By Scott Graves, Head Chef at 6Head

INGREDIENTS

- 5 x 400g rib eye on the bone
- Sea Salt to season
- 60mls olive oil
- ½ bunch rosemary, tied
- 60mls lemon juice
- For the Salsa Verde
- 500g flat leaf parsley, leaves finely chopped
- 125g basil, leaves finely chopped
- 10g garlic cloves, crushed
- 30g capers, finely chopped
- 200mls olive oil
- 100mls lemon juice
- Sea salt and cracked black pepper to season

METHOD

1. Allow steak to come to room temperature for at least 30 minutes before cooking. Pre-heat barbecue to high.
2. For Salsa Verde: Place parsley, basil, garlic and capers in a food processor. Process until finely chopped. With the motor running, add oil and lemon juice. Process until well combined. Season with salt and pepper. Refrigerate until required.
3. Pat steaks dry with a paper towel, using rosemary brush, brush both sides with oil and sprinkle with a good pinch of sea salt. Place on pre-heated barbecue and cook for 10 minutes. Turn and cook for a further 10 minutes, brushing with a rosemary brush. Transfer steak to a plate, cover loosely with foil, and rest for 10 minutes.
4. Serve rib eye with Salsa Verde, charred gem salad, roasted cauliflower and barbequed corn.

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