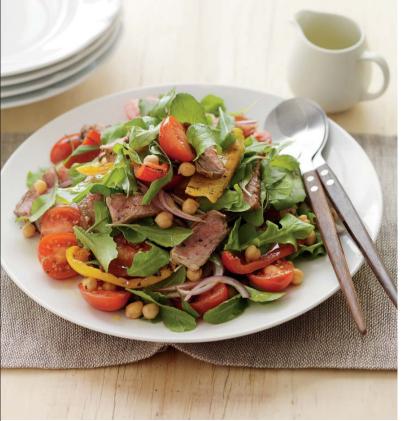
Barbecued capsicum, beef & rocket salad



Barbecued capsicum, beef & rocket salad

Preparation:about 20 minutesCooking:about 15 minutesServes:4

1 tbs olive oil

3 tsp ground cumin

Salt and ground black pepper 700g thick beef sirloin steaks 1 yellow capsicum, guartered

- lengthways and deseeded
- 1 red capsicum, quartered lengthways and deseeded Olive oil cooking spray ½ small red onion, thinly sliced 275g truss cherry tomatoes,

stems removed 400g chick peas, rinsed and drained

60g baby rocket leaves

White wine & garlic dressing 2 tbs white wine vinegar ½ cup extra virgin olive oil 1 garlic clove, finely chopped Salt and ground black pepper



Capsicum

- A top source of vitamin C, with just half an average-sized red capsicum supplying four times the recommended dietary intake of this anti-infection vitamin.
- A good source of beta carotene, which the body converts to vitamin A and uses to fight many infections.



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- Combine oil, cumin and salt and pepper in a small bowl. Rub mixture onto steaks.
- 2. Preheat a greased barbecue grill or char-grill pan on medium-high heat. Barbecue or char-grill steaks for 4–5 minutes on each side (for medium-rare) or until cooked to your liking. Transfer to a plate, cover and set aside to rest. Spray capsicums with oil and barbecue or char-grill for 2–3 minutes on each side. Transfer to a plate to cool slightly.
- To make the dressing, place all ingredients into a screw-top jar and shake to combine.
- 4. Cut steaks across the grain into 1cm thick slices. Place steak, capsicum, onion, tomatoes, chick peas and rocket into a large bowl. Gently toss to combine. Arrange on a serving platter, drizzle with dressing and serve.