

# Barbecued capsicum, beef & rocket salad



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**Preparation:** about 20 minutes

**Cooking:** about 15 minutes

**Serves:** 4

1 tbs olive oil  
3 tsp ground cumin  
Salt and ground black pepper  
700g thick beef sirloin steaks  
1 yellow capsicum, quartered 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

1. 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.
3. 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.



### 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.