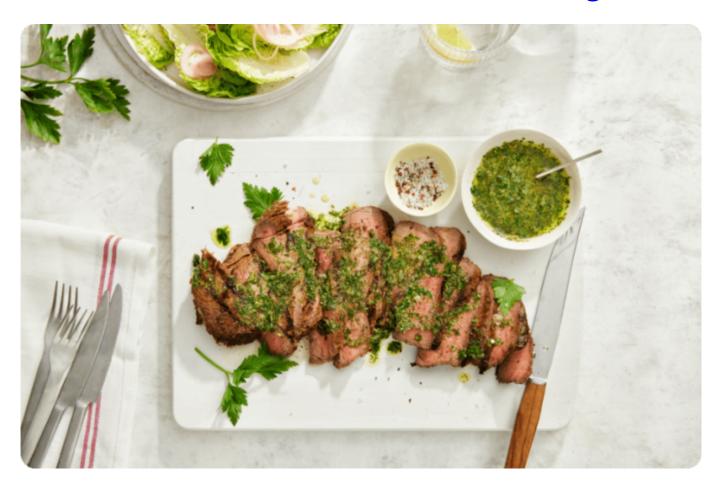
BBQ Beef with Herb and Chilli Dressing



Using kitchen staples and a bit of time for it to marinate, this budget cut of beef bursts with flavour.

Ingredients

500g beef top round steak

½ tsp chilli flakes

2 tbsp red wine vinegar

2 garlic cloves, crushed

½ tsp dried oregano

Dressing:

2 tbsp fresh parsley, chipped

1/4 tsp ground celery seeds

1/4 tsp salt

1/4 tsp garlic powder

1 lemon, juiced and zested

3 tbsp extra virgin olive oil and extra for cooking

Method:

- 1. Combine chilli flakes, vinegar, garlic cloves and dried oregano. Place beef in a food safe ziploc bag and pour the marinade in, to coat. Close the bag securely and marinate in the fridge overnight or for a minimum of 6 hours.
- 2. To make the dressing, add all the ingredients in a small bowl, stir to combine. Set aside until ready to use.
- 3. Remove steak from marinade. Season with salt and pepper. Lightly drizzle with olive oil.
- 4. Preheat barbecue or chargrill pan on medium. When hot, place the beef on. Cook for 5-10 minutes on each side until it reaches your desired doneness.
- 5. Remove from the grill, and place on a plate and let it rest for 5 minutes before slicing (reserving and adding any meat juices to the dressing).
- 6. Preheat barbecue or chargrill pan on medium. When hot, place the beef on. Cook for 5-10 minutes on each side until it reaches your desired doneness.
- 7. Remove from the grill, and place on a plate and let it rest for 5 minutes before slicing (reserving and adding any meat juices to the dressing).
- 8. Slice the beef thinly on a serving board and drizzle the dressing on top.