

Chang's Marinated Steak



Tender marinated steak served warm over greens or rice — a comforting, shareable meal perfect for family dinners.

Recipe supplied by Chang's.

Ingredients

1kg of your favourite cut of steak, cut to 3-4 cm thick

1 bunch asparagus

1 ¼ cups extra virgin olive oil

4 cloves garlic, crushed or grated

1 thumb ginger, grated

Finely grated zest of half a lemon

½ – 1 medium chilli, finely chopped (optional)

½ cup finely chopped coriander

½ cup Chang's Original Oyster Sauce

¼ cup lemon juice

1 tbsp Chang's Sesame Oil

Method:

1. Brush the steak with a little of the olive oil and cook over medium heat on a BBQ, char grill or frying pan, turning once or just a couple of times. When the steak is half cooked, add the asparagus to the hot plate.
2. For the warm marinade, place a heavy metal baking dish just big enough to hold the steak on a flame and when hot, add a tablespoon of the oil, the garlic, ginger and chilli if using. Cook for 30 seconds then add the lemon zest and juice, oyster sauce, coriander and the remaining olive oil. Remove from heat and add the sesame oil.
3. Place the steak and asparagus in the warm marinade and cover with a clean tea towel or very loosely with foil. Rest for five minutes then turn steak over and rest for another five minutes.
4. Slice steak against the grain and serve with warm marinade spooned over and asparagus