



Blackened Beef Rib Eye Steak with Creole BBQ Sauce and Fruity Fennel Slaw

Feeds: 2

Time to cook: 10 - 20 minutes

Take

Lean Beef rib eye or sirloin steak
Black peppercorns
Dried red chilli flakes
Mustard seeds
Pineapple juice
Tomato ketchup
Mango chutney
Cider vinegar
Mango
Papaya
Fennel
Lime
Mint

Make:

Crush together (either using a pestle & mortar, or bowl and wooden spoon) 10ml (2tsp) black peppercorns, 2.5ml (1/2 tsp) dried chilli flakes, 2.5 ml (1/2 tsp) mustard seeds and coat each side of 2 lean thick rib eye steaks.

Creole BBQ Sauce: Add to a saucepan 200ml carton of pineapple juice, 15ml (1tbsp) tomato ketchup, 30ml (2tbsp) mango chutney, 15ml (1tbsp) cider vinegar, bring to the boil and simmer to reduce for about 10 minutes or until thickened and syrupy.

Fruity Fennel Slaw: Peel, deseed and slice 1 mango, and 1 papaya fruit, place in a bowl. Take ½ fennel bulb, finely sliced and plunge into boiling water and then cold, drain, add this to the fruit mixture along with the juice of ½ lime and 15ml (1tbsp) mint, chopped. Mix this all together and chill.

Cook steaks on a preheated grill, griddle or barbecue for:

2-3 minutes per side for rare

4-5 minutes per side for medium

6-7 minutes per side for well done

Eat

Serve steak with a dipping bowl of the Creole BBQ sauce and a large spoonful of fruity fennel slaw