

BBQ Steak With Chickpea Salad & Yoghurt Dressing



Method

1. About 20 minutes before grilling, remove steaks from the refrigerator and leave covered, at room temperature.
2. Heat grill to moderately high. Brush the steaks on both sides with oil and season liberally with pepper. Place the steaks on the grill and cook until browned and slightly charred, 4-5 minutes. Turn the steaks over and cook 3-5 minutes for medium rare (internal temperature 57°C), 5-7 minutes for medium (60°C) or 8-10 minutes for medium-well (65°C). Drizzle steak with soy sauce and cook 10 seconds. Turn steak and repeat for the other side.
3. Transfer the steaks to a board or plate and leave to rest 5 minutes before slicing.

Meanwhile make the chickpea salad.

4. Heat the ghee in a frypan over medium heat. Add the mustard seeds and cook, shaking the pan occasionally, for 1 minute or until they begin to pop. Add the cumin seeds, fennel seeds and chilli flakes, then cook, stirring, for a further minute or until fragrant.
5. Place the chickpeas in a bowl, pour over the toasted spices, then stir until well combined. Add green onion, coriander, mint and spinach and toss gently to mix. Combine in a small bowl yoghurt, lemon juice, soy sauce, honey and freshly ground black pepper. Carefully fold dressing through the chickpea salad.
6. Arrange steak slices on the salad and serve.



SERVES 6



Ingredients

6 x 150g porterhouse or rump beef steaks, at room temperature
2 tablespoons vegetable oil
Freshly ground pepper
2 tablespoons Kikkoman Soy Sauce



Salad

1 tablespoon ghee or oil
1 teaspoon mustard seeds
1 teaspoon cumin seeds
1 teaspoon fennel seeds
1/4 teaspoon chilli flakes
2 x 400g cans chickpeas, drained (keep the juice for meringue recipe!)
2 green onions, thinly sliced
1/4 cup coriander leaves, chopped
1/4 cup mint leaves, chopped
A handful of baby spinach leaves
3/4 cup (200g) thick Greek-style yoghurt
1 1/2 tablespoons lemon juice
2 teaspoons Kikkoman Soy Sauce
1-2 teaspoons honey, to taste