



Flat Iron Steak with Greens and Charred Herb Salsa

DARREN ROBERTSON

Ingredients

150ml extra virgin olive oil ½ red onion,
finely diced

Sea salt and freshly ground black pepper

1 tablespoon dijon mustard

Finely grated zest and juice of ½ orange,
or to taste

Finely grated zest and juice

Sea salt and freshly ground black pepper

Your choice of greens (broccoli, broccolini,
zucchini, kale), to serve

CHARRED HERB SALSA

½ bunch of coriander

½ bunch of flat-leaf parsley

½ bunch of spring onions

1 × 1kg flat iron steak (see tip)

Is there anything better than an awesome grilled steak and a punchy salsa? This recipe came about when Darren and his team at Three Blue Ducks Bronte were looking for a way to use up excess herb stalks. They discovered that by chargrilling the herbs they became less fibrous and imparted a lovely smoky flavour. There's no fancy equipment required for this recipe either: all you need is your trusty barbecue.

Preheat a barbecue grill to high.

To make the salsa, throw the herbs and spring onions on the barbeque and char until you start to see some burnt tips and black bits. Turn them over and char on the other side. Set aside to cool, then finely chop and place in a medium bowl. Stir in the remaining ingredients and set aside, ready to go with the steak.

Season the steak with salt, then grill, turning every couple of minutes, 8-10 minutes for medium-rare or until cooked to your liking. Remove and rest for a good 6-10 minutes, then carve. Season with a little more salt and plenty of pepper.

Meanwhile prepare your chosen greens and cook on the barbecue until tender.

Serve the steak with the charred herb salsa and greens.

TIP: Flat iron steak is an easy cut of beef to work with, and very quick. Just make sure you give the steak a good rest before carving. It should also use skirt or flank steak here.

