

# Rocket & red onion salad with BBQ steaks



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Preparation 25 mins | Cooking 15 mins | Serves 4

2 tbs olive oil  
2 garlic cloves, finely chopped  
1 tbs finely grated lemon rind + 1 tsp extra to serve  
2 (about 350g each) thick sirloin or rump steaks  
½ small red onion, halved and very thinly sliced  
¼ cup sherry or red wine vinegar  
1 tsp caster sugar  
olive oil cooking spray  
250g stem cherry truss tomatoes  
75g baby rocket leaves  
50g parmesan cheese, shaved  
1 tbs extra virgin olive oil  
1 tbs chopped flat-leaf parsley, to serve  
Aioli or horseradish cream, to serve

**STEP 1** Combine oil, garlic and lemon rind in a shallow ceramic dish. Season with sea salt and pepper. Add steak and turn to coat both sides. Cover and set aside for 15 minutes. Place onion in a small bowl and pour over vinegar and stir in sugar. Set aside for 10 minutes.

**STEP 2** Heat a greased barbecue grill or char-grill over medium-high heat. Cook steaks for 4-5 minutes on each side (for medium-rare) or until cooked to your liking. Transfer to a plate, cover and set aside to rest for 5 minutes. Meanwhile, spray tomatoes with oil. Barbecue tomatoes for 2-3 minutes until tender. Transfer to a plate.

**STEP 3** Drain onions and place into a bowl. Add rocket and parmesan. Drizzle with extra virgin olive oil and toss to combine. Slice steak and sprinkle with parsley and extra lemon rind. Serve with rocket & red onion salad, tomatoes and aioli or horseradish cream.