



**MEAT**

# PEPPER CRUSTED STEAK

With BBQ Vegetables

## INGREDIENTS

4 x 250g scotch fillet steaks

Olive oil to coat steaks and season BBQ

1 teaspoon dried oregano leaves

Salt to season

1 tablespoon black peppercorns

1 tablespoon green peppercorns

1 tablespoon red peppercorns

4 corn on the cob, husks on

Mustard seed oil to cook vegetables  
(available at the supermarket)

1 miniature red cabbage,  
roughly shredded

2 red capsicums,  
cored and cut into large cubes

2 zucchini cut in thick diagonal pieces

4 flat field mushrooms roughly chopped

Horseradish cream

## METHOD

1. Place the steaks on a plate and rub all over with olive oil, oregano and a pinch of salt.
2. Crush the peppercorns coarsely in a pestle and mortar then roll the edges of each scotch fillet in the peppercorn mix, pressing it on firmly with your fingers. Set the steak aside to rest.
3. Turn on the BBQ plate to a high heat and season with some olive oil. Place the corn cobs on the BBQ plate with their husks on and turn regularly. The husks will stop the corn burning and will help to steam the corn kernels.
4. A few minutes after placing the corn on the BBQ, add the steaks and cook for 3½ minutes each side. Place both the steak and corn on a plate when done.
5. Pour mustard oil on the flat plate of the BBQ and cook the cabbage, capsicum, zucchini and mushrooms until they start to soften and char.
6. Serve the rested steaks with the charred BBQ vegetables and the corn with the husks either pulled back or removed. Add a spoon of horseradish cream or serve it separately in a bowl — like wasabi, horseradish can pack a punch



Preparation time: 15 minutes

Cooking time: 10 minutes

Serves: 4 

**SWAP'n'GO**<sup>TM</sup>  
ELGAS

For more great recipes go to:  
[elgas.com.au/swapngo](http://elgas.com.au/swapngo)