



JERNEJ KITCHEN

ARGENTINIAN STEAK WITH GRILLED VEGETABLES

Argentinian steak with grilled vegetables is a simple dish made in 15 minutes (+ heating the grill). The steak is juicy, while the veggies are crunchy.

SERVES	2	PEOPLE
PREPARATION:	10	MINUTES
GRILL:	5	MINUTES
TOTAL TIME:	15	MINUTES (+HEATING THE GRILL)

ARGENTINIAN STEAK WITH GRILLED VEGETABLES

2x 300g (10.5 oz) Argentinian steak

½ red bell pepper, ½ green bell pepper, ½ yellow bell pepper

6 asparagus

1 zucchini

½ tsp salt, ¼ tsp ground black pepper

½ tsp dried oregano

½ tsp ground garlic

1 tsp olive oil

TOOLS AND EQUIPEMENT Sponsored

grill

bowl

thermometer

cast-iron pan or grilling pan

PREPARE THE GRILL

Heat your gas grill or fire up the grill to get the grill temperature to about 250 °C - 300 °C or 480 °F - 570 °F. When the grill is hot, clean the rack with a long brush. Take the meat out of the fridge at least 30 minutes before grilling.

VEGETABLES

Clean all the vegetables and cut them into large chunks. Add to a bowl and season with salt, pepper, oregano, and garlic. Drizzle with olive oil and toss to combine.

GRILL THE STEAK

Place the beef in the hottest area on the grill and cook the meat for 3 - 4 minutes, covered, turning once while grilling. Transfer the steaks to direct heat or to the hottest place on the grill. There, grill for another 1 - 2 minutes or until the steak is caramelized or until the thermometer shows 54 °C / 129 °F (for medium) when stuck into the thickest part of the meat. When the steak is grilled, remove it from the heat and set it aside for 5 minutes to rest.

SERVE

Use a cast-iron pan or a grilling pan to grill the vegetables. Grill them over high heat on the stove or on your grill. Add one teaspoon of oil and vegetables. Grill for 2 - 3 minutes while tossing regularly for the veggies to stay crunchy. Cut the steak into slices and serve with grilled vegetables.