



JERNEJ KITCHEN

GRILLED BEEF AND LIGHT QUINOA

A wonderful, rich in flavour, tasty and nutrient rich meal, perfect for lunch or dinner.

SERVES	4	
PREPARATION:	90	MINUTES
GRILLING:	90	MINUTES

QUINOA

- 300 g quinoa
- 2 handfuls of mint, fresh
- 1 handful of basil, fresh
- 4 tbsp olive oil

BEEF

- 1 kg beef rib steak, with bone
- 1 tbsp olive oil
- 20 g butter
- 2 sprigs of thyme, fresh

VEGETABLES

- 2 zucchini
- 3 tomatoes
- 3 bell peppers
- 1 chili

TOOLS AND EQUIPEMENT

- Barbecue
- pot
- kitchen knife
- cutting board
- Thongs

QUINOA

About an hour before you are ready to grill, you need to light your barbecue. I would advise you to use charcoal instead of gas, that way you get more rustic charcoal flavors. Wrap the beef rib steak in a plastic wrap and leave on a room temperature. Set a pot of 600ml / 3 cups salted water over high heat. Leave until it starts to boil. Drop several tomatoes into the boiling water for about 10 seconds and quickly cool them under a cold running water.

QUINOA

Cook your quinoa according to instructions on the package. Meanwhile, clean the vegetables. Peel the tomatoes, remove the seeds and cut on small cubes. Clean the zucchini and cut on 0.5cm / 0.2 inch thick slices. Cut the chili in half, remove the seeds and cut on very thin slices. Roughly chop basil and mint. Let the cooked quinoa cool.

GRILLED BEEF

Brush both sides of the beef steak with olive oil. Season with salt and pepper. Grill the steak on the barbecue for about 20 - 25 minutes for medium rare. Turn the beef steak around every minute, using long-handled tongs, to prevent from burning.

TIP

If your would like your beef well done, grill for another 10 minutes.

VEGETABLES

Also cook the sliced zucchini and whole bell peppers on the barbecue. After the vegetables are done, chop the zucchini, remove seeds from bell peppers and cut on thin slices.

TIP

Best way to skin baked peppers is to wrap them in foil for about 5 minutes, while still hot.

GRILLED BEEF

After cooking, transfer the beef rib steak to a plate. Place springs of thyme and a cube of butter on it. Set aside for at least 10 - 15 minutes to rest.

TIP

Resting your beef steak after cooking allows the meat to relax, making it succulent and tender.

SERVE

In a bowl, combine together cooked quinoa, vegetables and herbs. Drizzle with olive oil and add zest and juice of one lemon. Season to taste. Transfer to a large plate. Remove the bone from the beef rib steak and cut it on thin slices. Spread half of your beef steak over the quinoa on the plate and drizzle with a bit of olive oil. Serve with greek yogurt.