



POMEGRANATE GLAZED SIRLOIN BEEF STEAK WITH A CHARRED ZUCCHINI SALAD BY TIM READ

SERVES:

2

INGREDIENTS:

7 Zucchini
Tbsp. salt
50g Pitted Black Olives
½ cup Mint leaves
1 Lemon, zested and juiced
200g Sirloin Beef Steak
100g Butter
2 tsp. pomegranate molasses
50g goats feta
edible flowers
Good quality olive oil

METHOD:

Prepare all of the zucchini by cutting them in half lengthways then chop randomly into chunks.

Cover the zucchini in plenty of salt, roughly 1 teaspoon per zucchini, toss to coat and allow to sit for 20 minutes (this will draw out the excess liquid)

Prepare the rest of the salad ingredients by roughly chopping the olives and finely chopping the mint, add the lemon zest and juice and stir.

Preheat the oven on fan bake at 180 degrees.

To cook the steak, heat a large fry pan that can go in the oven with a little oil, once the pan is hot and the oil begins to smoke, add the beef steaks and cook on every side, including the edges for about 30 seconds to get a good even colour then move the pan into the oven to finish cooking, approximately 2-4 minutes (depending on the thickness of the steak) until medium rare (light springy-ness to touch)

When cooked to your liking, remove the pan from the oven and leave the steaks to rest on the pan, prop them up on their thickest side when sitting in the pan to stop them



from over cooking. Add one half of the butter into the pan and the other half on top of the propped-up steaks to melt over them as they rest. Whilst the butter is melting add the pomegranate molasses to the pan and stir.

Drain the zucchini in a colander and rinse with a little fresh water.

Pat dry with paper towels. Cook the zucchini in a second fry pan on high heat to lightly char the outside whilst not over cooking the inside.

Once cooked, add to the bowl of olives and toss to finish the salad.

To finish the steak, swirl around in the pan to absorb the melted butter/molasses glaze, cut in half on a chopping board and plate up alongside the salad with some crumbled feta, baby spinach leaves and edible flowers to finish the dish.



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