



**Tip: Accompany with dollops of baba ganoush or hummus, and pita bread.**

## Barbecued cumin rubbed beef with tabouli

Preparation time: 20 minutes  
Cooking time: 8 minutes  
Serves: 4

### Ingredients

4 x 200g rump steaks  
2 tsp cumin seeds  
2 tsp coriander seeds  
1 tbsp oil  
Small tub baba ganoush or hummus and pita bread

### Tabouli

1 punnet cherry tomatoes, halved

2 tbsp cracked wheat, soaked in 2 tbsp water  
1 large bunch flat leaf parsley  
1 bunch mint  
4 spring onions, finely chopped  
1 Lebanese cucumber, finely diced  
¼ tsp cracked black pepper  
Juice of one lemon  
2 tbsp extra virgin olive oil

### Method

1. Brush the steaks lightly with oil. Season with salt. Combine cumin and coriander seeds and toast in a small dry frypan until seeds are fragrant. Remove from pan and grind into a powder. Rub ground spices on the steaks.
2. Preheat the barbecue flat-plate or char-grill plate to hot before adding the steaks.

3. Cook on one side until the first sign of moisture appears. Turn steaks once only. Test the steaks for degree of doneness with tongs. Rare is soft, medium feels springy and well done is very firm.
4. Remove steaks from heat, loosely cover with foil and rest steaks for 5 minutes before serving. To serve cut the steaks into slices and serve with the tabouli.
5. To make tabouli, preheat the oven to 200°C. Place the halved tomatoes on a baking tray lined with baking paper and bake in the oven for 15 minutes or until soft. Place in a bowl and add the cracked wheat. Finely chop the parsley and mint and add to the bowl along with the onions, cucumber and pepper. Toss through the lemon juice and oil and season to taste.

Recipe provided courtesy of Meat and Livestock Australia.

Serves 4 – per serve:

Nutrition information	Per serve
Energy 18%	1590kj
Fat	15g
Saturated fat	4g
Carbohydrate	18g
Fibre	5g
Sodium	90mg

✓ Source of iron  
✓ Source of zinc  
✓ Low GI estimate  
★ Healthy&Heartwise gold star recipe