

CHURRASCO STEAK WITH SALSA VERDE & JERK CHICKEN WITH GRILLED VEGETABLES



INGREDIENTS

Meat

- 2 beef scotch fillet
- 3-4 chicken thigh (boneless)

Churrasco Seasoning

- smoked paprika
- dried oregano
- dried thyme
- garlic powder
- ground coriander
- salt
- pepper

Marinade

- 50 ml white wine vinegar
- 50 ml of fresh lime juice
- 80 ml dark soy sauce
- 1 red onion, coarsely chopped
- 6 garlic cloves, coarsely chopped
- 6 spring onions, coarsely chopped
- 2 tbsp brown sugar
- 2 tbsp finely chopped ginger
- 1 tbsp allspice
- 1 tbsp coarsely ground black pepper
- 2 sprigs of thyme, chopped
- 2 red chilli, coarsely chopped
- 30ml of olive oil

Salsa Verde

- 1 tbsp capers
- ½ red chilli (optional)
- ½ bunch parsley, de-stemmed
- 1 clove garlic, finely grated

- ½ shallot, diced
- 1 gherkin, diced
- 1 lemon, juice
- 1 tbsp fresh oregano leaves
- ½ bunch of coriander
- 50ml olive oil

Vegetables

- 4 whole cobs of corn
- 2 zucchinis, thickly sliced lengthways
- 2 eggplants, thickly sliced lengthways
- 1 bunch of spring onion
- 1 small bag of peanuts

PREPARATION

Scotch fillets in a South American-style Churrasco rub.

Combine the smoked paprika, dried oregano, dried thyme, garlic powder, ground coriander, salt and pepper in a bowl. Mix together.

Coat the scotch fillets in olive oil and rub in seasoning. Flip the scotch fillets over and repeat on the other side. These are now ready for the BBQ.

Salsa Verde

Combine shallots, gherkins, garlic, red chilli, capers, oregano, lemon juice, salt and pepper, coriander, parsley, and a generous serving of olive oil, in a blender.

Jerk Chicken Marinade

Combine Spanish onion, lime juice, white wine vinegar, soy sauce, spring onions, garlic, thyme, chilli, brown sugar, allspice, ginger, cracked black pepper, and a generous serving of olive oil, in a blender until it reaches a smooth consistency. In a bowl, pour the marinade all over the chicken and place in the fridge for a few hours.

Grilled Vegetables

To prepare vegetables for the grill, simply coat in olive oil, salt and cracked pepper.

COOKING METHOD

Allow the charcoal in your Kadai Indian fire pit to heat under the grill for around an hour.

The chicken will need to cook for 4-5 minutes on each side before flipping, ensuring its cooked through.

Place the vegetables on the grill, turning them until they receive an even colour.

For the steaks, cook for 2 minutes on each side, before removing them from the grill and topping with the salsa verde.