

BARBEQUE BEEF STEAK

INGREDIENTS

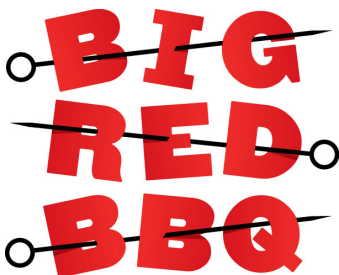
- 1kg top sirloin, 5cm thick
- 2 cloves garlic, minced
- 1 tbsp minced fresh ginger root
- 2 oranges, juiced

METHOD

1. Make crisscross cuts on surface of meat on both sides, and place in a shallow dish. Reserve 1/2 cup orange juice.
2. Mix remaining orange juice with garlic and ginger. Pour over meat, and marinate in refrigerator for at least 6 hours.
3. Preheat grill for medium heat.
Brush grate with oil, and place steak on grill. Cook for 10 to 12 minutes per side, or until done.
4. Remove from grill, and rest for several minutes.
5. Meanwhile, heat reserved orange juice. Slice meat, and transfer to a serving platter. Pour heated orange juice over the meat and serve with salad.

Serves 6

	Per Serving	Per 100g
Energy	1003kJ	511kJ
Protein	34g	17g
Fat – Total	10g	5g
- Saturated	5g	2g
Carbohydrate - Total	2g	1g
- Sugars	2g	1g
Sodium	87mg	44mg



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