

SERVES 4



CUBED RUMP STEAK WITH SEASONAL VEGETABLES

INGREDIENTS

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| 0.8kg rump steak, cut into 2-2.5cm cubes | 1 tsp parsley |
| 2 red bell peppers, cubed into 2 x 2cm | 1 tsp fresh rosemary |
| 2 green bell peppers, cubed into 2 x 2cm | 1 tsp chopped garlic |
| 2 potatoes, cubed into 1 x 1cm | Extra virgin olive oil |
| 250g whole mushrooms, cut into halves | Salt & pepper to taste |

METHOD

- Pre-heat oven to 180°C.
- Briefly sear the rump steak cubes in a hot pan (around 2min).
- Cut 4 pieces of Twinsaver Heavy Foil (around 35cm).
- Layer the vegetables, then steak cubes onto middle of the 4 foil sheets.
- Add garlic, parsley, paprika and salt & pepper onto each pile.
- Drizzle with olive oil.
- Close each sheet to form a parcel – place on baking tray.
- Cook in pre-heated oven for 20-25min.
- Open parcel and serve.

COOKING TIP: Use fresh ingredients as far as possible. Ensure potatoes are smaller than other vegetables (otherwise meat will be over-cooked if large potato cubes are used). Allow meat to rest for 5min after cooked.