



RIB EYE ON BONE

Swan Bay Butchers

Moroccan Spiced Rib-Eye with Roasted Baby Carrots

Prep Time: 15 minutes

Cooking Time: 30 minutes

Serves: 4

INGREDIENTS:

- 2 x 400g rib-eye cutlets fat trimmed
- 2 tsp cumin seeds
- 2tsp coriander seeds
- 1 pinch dried chilli flakes
- 1½ tbsp olive oil
- 2 bunches baby carrots, trimmed and scrubbed
- 2 tsp fresh thyme leaves
- 400g tin chick peas, rinsed and drained
- 100g baby spinach leaves
- 200ml Greek yoghurt
- 2 tbsp chopped coriander leaves
- 1 tbsp lemon juice



METHOD:

1. Preheat a small frying pan over a medium heat and add the cumin and coriander seeds. Shake the pan and take off the heat when the seeds release their aroma.
2. Place the seeds into a mortar and pestle or spice grinder with the chilli flakes and grind to a coarse powder.
3. Add 2 tsp olive oil and rub the spice mixture over the Beef. Cover and set aside for 30 minutes.
4. Preheat a chargrill to moderately hot and the oven or lidded barbecue to 180°C. Cook the Beef on the chargrill for 5 minutes on each side or until nicely charred. Transfer to an oven tray and place in the oven or barbecue for 5-7 minutes for medium rare to medium. Set aside to rest for 10 minutes.
5. Cut the Beef off the bone and slice into thick pieces. Season with salt and pepper. Place vegetables onto a large platter and top with the meat slices. Serve with the dressing.

To roast the carrots:

1. When the Beef goes on the grill, toss the carrots with the remaining olive oil and season with salt and pepper. Place on a baking tray and cook for 30 minutes or until tender and golden. Toss the thyme leaves and chick peas through the carrots for the last 10 minutes of cooking time. Remove from the oven, stir in the spinach leaves and allow them to wilt a little.

To make the dressing:

1. Mix the yoghurt, coriander and lemon juice together and season to taste with salt and pepper.