



GRILLED ONGLET WITH SPRING ONION AND PUMPKIN SEED SALSA

Ingredients cost: £9.50

Servings: 2

Prep Time: 15 minutes

Cook time: 10 minutes

INGREDIENTS:

2 onglet steaks, trimmed (your butcher can do this if you're not sure)

8 spring onions, roots removed

50g pumpkin seeds, lightly toasted

2 cloves garlic, crushed

1 red chilli

3 tablespoons lime juice, plus extra to serve

2 tablespoons olive oil

METHOD:

1. First, make the salsa. Light the Jupiter Outback BBQ gas burners and set the heat to medium. Lightly oil the spring onions and place them on the heat. Allow to cook, turning every so often until lightly charred all over.
3. Slice the charred spring onions, then place them in a blender with the pumpkin seeds, garlic, chilli and lime juice, and pulse to a coarse salsa consistency. Season with salt and stir in the olive oil. Taste and add more lime juice or chilli if desired.
4. Turn the gas burner to high. Season the steaks generously with sea salt on both sides and once the grill is very hot, cook for 3-4 minutes each side, or until cooked to your liking. Remove from the grill and set aside to rest for at least 5 minutes before slicing and serving with the salsa, a sprinkle of sea salt and extra wedges of lime.