



## Barbecued Cattleman's Steak with Chunky Guacamole and Charred Sweet Corn, Tomato and Coriander Salsa

Serves 4

Summer is here and we are celebrating its arrival with a Mexican inspired steak recipe perfect for the BBQ. Enjoy!

### TASTE OF SUMMER FACT

With the warmer weather and longer days Summer brings us, cooking and eating outside just makes sense...

Meat grilled on the bone has a fantastic flavour and whilst we don't tend to think about guacamole and salsa as obvious accompaniments to a grilled steak, they combine beautifully to make a truly delicious dish that can be enjoyed with family and friends this Summer.

### INGREDIENTS

- 280g Avocado (ripe) - halve, remove stone, peel and cut into a 1cm dice.
- 40g Red Onion - peel, halve and very finely dice.
- 1 tsp Lemon Juice
- 20 Coriander Leaves - rinse, drain and roughly tear.
- To Taste - Tabasco Sauce
- To Taste - Sea Salt and Freshly Ground Black Pepper
- 180g Corn Cobs - remove husks, fibre and stem.
- 20ml Olive Oil
- 130g Salad Tomato - remove core and cut into 1cm dice.
- 40g Red Onion - peel, halve and finely dice.
- 40 Coriander Leaves - rinse, drain and roughly tear.
- 1 tsp Lemon Juice
- To Taste - Tabasco Sauce
- To Taste - Sea Salt and Freshly Ground Black Pepper
- As Required - Olive Oil Spray
- 2 x Cattleman Steaks - French trimmed.
- To Taste - Sea Salt and Freshly Ground Black Pepper

### METHOD

1. Add to a mixing bowl, the avocado, red onion and lemon juice. Gently mix to combine. Once the avocado is slightly crushed with the back of a fork add the coriander and fold through. Season to taste with Tabasco sauce, salt and pepper and set to one side to allow the guacamole's flavours to further develop.
2. Over a moderate heat, bring a saucepan half filled with water up to the boil. Add the corn cobs and return to boil, then reduce the heat and allow it to simmer for 15 minutes or until the corn is tender and cooked through. Remove the saucepan from the heat, refresh the corn cobs under cold running water for a few minutes, then drain thoroughly.
3. Carefully slice the corn kernels from the cob. discard the corn cob and retain the corn kernels.
4. Heat olive oil in a sauté pan over a moderate heat, then add the corn kernels and saute until they are lightly browned on all sides. Remove the saute pan from the the heat, set to one side and allow the corn to cool to room temperature.
5. Add to a mixing bowl the corn kernels, tomato, red onion, coriander and lemon juice, mix gently to combine. Season to taste with Tabasco sauce, salt and pepper, then set to one side to allow the salsa's flavours to further develop.
6. Preheat a BBQ, lightly spray the steaks with olive oil, then place them onto the BBQ and cook for 4 minutes on each side or until they are cooked to the desired degree. Once cooked remove the steaks from the BBQ, place onto a plate, cover with aluminium foil and place in a warm place to rest for 5 minutes.

### TO SERVE

Slice Cattleman's steaks on a serving board. Serve the guacamole and salsa into separate serving bowls with a spoon in each bowl and place each onto the serving board. Serve immediately, allowing guests to help themselves to the steak and both of the accompaniments.