

MUSTARD SIRLOIN STEAK ON THE BRAAI

SERVES 4

COOK TIME: 30 MIN

INGREDIENTS

600 g - 700 g sirloin steak
30 ml (2 Tbsp) sunflower oil
30 ml (2 Tbsp) Robertsons Braai &
Grill Spicy BBQ
50 g butter
30 ml (2 Tbsp) Dijon mustard

METHOD

Take the steaks out of the fridge for about an hour before you cook them, to bring them up to room temperature.

Brush them with oil and season generously with Robertsons Braai & Grill Spicy BBQ.

Place on a grid over hot coals and braai for just long enough to brown the meat on all sides.

Place a big heat-safe or cast-iron pan on the grid. Add the butter and Dijon mustard.

Place the steaks in the pan and coat them well with the butter mixture. Cook the steaks in the pan until done to your likeness. As a rough guide, it will take 2-3 minutes for rare, 5-6 minutes for medium, and 8-10 minutes for well done.

Let the steaks rest on a plate for at least half the time they took to cook before slicing and serving them.



