

BETTER THAN BEANS

Middle Eastern Beef



INGREDIENTS – WHAT YOU NEED

2 rump steaks (1 per person)



3 tablespoons soy sauce



2 tablespoons honey



1 teaspoon cumin powder



½ teaspoon curry powder



BETTER THAN BEANS

1 – 2 teaspoons chilli flakes (or none)



Olive oil



BETTER THAN BEANS

METHOD – HOW TO COOK

Cut 2 rump steaks into 3 or 4 pieces each.

Put in a mixing bowl.



Add on top of the meat –

- 3 tablespoons soy sauce
- 2 tablespoons honey
- 1 teaspoon cumin powder
- ½ teaspoon curry powder
- 1 teaspoon chilli (or none)



Mix everything together –

Use your hands or spoons.



BETTER THAN BEANS

Put a fry pan on the stove top on medium heat.

Cover the bottom of pan with a light layer of oil.



When the pan is hot, add the steak pieces.

Cook on both sides for 3-5 minutes each side

OR

Until cooked to your liking.



When done, turn off the heat.

Serve with rice or potato salad and coleslaw.

