

Quick and easy



# Chimichurri steak with grilled vegetables

*Serves 1*

130g sirloin or rump steak, trimmed of fat

Salt and pepper

1 medium courgette, sliced

½ red pepper, deseeded and roughly chopped

½ aubergine, sliced

1 small red onion, cut into wedges

25g feta, crumbled

1 clove garlic, peeled and crushed

1 red chilli, deseeded and finely chopped

2 tsp red wine vinegar

½ tsp dried oregano

Large bunch of parsley, finely chopped

1½ tsp olive oil

70g cooked lentils (25g uncooked)

## Method

Preheat a griddle pan over a high heat. Season the steak with salt and pepper then lay on the griddle and cook for 3–4 minutes on each side, or until cooked to your liking. Set aside to rest. Throw the vegetables on the griddle and cook for 6–8 minutes, turning regularly until charred and softened.

Meanwhile combine the garlic, chilli, vinegar, oregano, parsley and oil in a small food processor and blend to a smooth paste (add a splash of water if needed).

Toss the vegetables together with the lentils, feta and half of the sauce. Serve the steak with the vegetables and remaining sauce.

## Alternative ingredients

To make this dairy-free, swap the feta for 35g of avocado.

## Tips

Make sure you take the steak out of the fridge at least 20 minutes before you plan to cook.

If you'd prefer to roast the vegetables, tip them onto a baking tray and roast at 220°C for 20 minutes, turning occasionally.