

taste it, **love it**



A delicious SPARTA Beef **Recipe**

**Sirloin steak ciabatta served with rocket, bacon and tomato relish (serves 1)**

**Ingredients**

- 2 Slices ciabatta
- 250 g Sirloin
- 5 ml Olive oil
- 6 Rocket leaves
- 15 g Onions
- 5 ml Olive oil
- 6 Pieces streaky bacon
- 5 Slices of emmenthaler cheese
- 10 ml Meat Rub
- Tomato relish**
- 10 g Onions
- 1 Garlic clove
- ½ Red chilli
- 5 ml Olive oil
- 2 Anchovies
- 6 g Brown sugar
- 4ml Red wine vinegar
- Salt and pepper
- 10 g Cherry tomatoes

**Preparation**

1. Marinade the sirloin in the Meat Rub, place on hot grill and cook as desired.
2. Sauté the onions in oil for 5 minutes.
3. Place the streaky bacon in an oiled roasting tray and bake in oven at 200 °C until crispy.
4. Make emmenthaler shavings with a potato peeler.
5. Put ciabatta in a hot oven as per directions on the packet. Brush the ciabatta with olive oil.
6. To prepare the tomato relish, fry the onion, garlic and chillies in oil. Add the anchovies, brown sugar, red wine vinegar and seasoning and let it cook for 5 - 10 min. Add the cherry tomatoes and simmer for another 10 - 15 min.
7. Grill the steak on a hot grill/griddle pan as desired.
8. On the ciabatta layer the rocket, grilled sirloin steak, fried onions, crispy bacon, emmenthaler shavings and top off with the tomato relish. Cover with another slice of ciabatta bread.

**Meat Rub**

- 1 Bunch rosemary
- 60 g Garlic, chopped
- 10 ml Cumin
- 30 ml Coarse salt
- 50 ml Olive oil
- 10 ml Black pepper
- 1 Bunch chives
- 4 Pieces lemon zest
- 10 ml Paprika

Crush all ingredients together in a pestle and mortar to form a paste.

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SPARTA Beef is available at the following outlets:

<b>Bloemfontein</b>		<b>Welkom</b>	
Langenhoven Park Pick n Pay _____	051 446 4108	SPARTA Mega Meat _____	057 355 7546
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