



Sirloin with Roast Vegetables

SERVES 4

INGREDIENTS

480g sirloin steaks, trimmed of fat
1 tbs balsamic vinegar
1 clove garlic, crushed
¼ cup chopped oregano leaves
1 aubergine, cut into 2cm pieces
1 red pepper, cut into 2cm pieces

2 medium baby marrow, cut into 2cm pieces
2 baby fennel bulbs, quartered
1 red onion, cut into wedges
1 tbs wholegrain mustard, mixed with 2 tsp water
Olive oil spray
Balsamic vinegar to drizzle

METHOD

1. Preheat oven to 200°C.
2. Combine the garlic, balsamic vinegar and 1 tbs of oregano in a large bowl, add beef and toss to coat in marinade. Set aside.
3. Place the vegetables in a large baking dish. Add the mustard and remaining oregano to the vegetables. Mix well and spray with olive oil. Roast for 25-30 minutes or until tender and golden.
4. Heat a large non-stick pan or grill plate over high heat. Pat the beef dry with paper towel and spray with olive oil. Place in the pan and cook for 3 minutes each side or until cooked to you liking.
5. Serve with the roasted vegetables and a drizzle of balsamic.

