



Steak Sandwich

SERVES 4

INGREDIENTS

Olive oil spray*
2 medium aubergines cut into thick slices lengthways
1 large red pepper, seeds removed and quartered
1 cup mushrooms, thinly sliced
4 x 120g beef steak (females)
4 x 220g beef steak (males)
1 large onion, thinly sliced
100g baby rocket leaves
1 teaspoon olive oil
1 tablespoon balsamic vinegar
Hot English mustard

METHOD

1. Heat barbecue. Lightly spray aubergine and pepper with olive oil and cook on the grill until tender. At the same time, cook mushrooms and onions until soft.
2. Lightly spray steaks with oil and cook on grill until done as desired, turning once during cooking
3. Prepare rocket salad by adding rocket, oil and vinegar in a bowl. Toss to combine and set aside.
4. To serve, place a slice of aubergine on the plate. Top with pepper and steak. Spread a small amount of mustard on the steak and top with grilled onion and mushroom. Place another slice of aubergine on top of the stack and serve with the rocket salad on the side.

