



# Steak With Onion Salsa

SERVES 4

## INGREDIENTS

2 large red onions, thickly sliced  
2 ripe tomatoes, halved  
½ cup flat leaf parsley, roughly chopped  
10 fresh basil leaves  
1 tablespoon balsamic vinegar  
2 tablespoons extra virgin olive oil  
Salt and freshly cracked black pepper  
4 x 120g beef steak (females)  
4 x 220g beef steak (males)

## METHOD

1. On a heated, oiled barbecue plate grill the onion and tomato cut side down until blackened on both sides. Remove from heat, roughly chop and place in a bowl.
2. To the bowl add parsley, basil, balsamic vinegar and oil and season with salt and freshly cracked pepper. Toss until combined.
3. Cook steaks on hot barbecue plate until done as desired. Remove from heat and let rest for 2 minutes.
4. Serve steak topped with onion salsa, extra parsley and a fresh green salad or a serve of Notatoes (see [Notatoes recipe](#)).

**Tip:** For extra flavour try adding fresh chilli or ground cumin to the salsa before serving.

