

Italian grilled flank with salmoriglio sauce and fried chickpea salad

Serves 4

Cooking and preparation time 30 minutes

Gluten-free • Low carb



Salmoriglio sauce

Makes about 1 cup

- 3 cloves garlic, crushed
- 1 teaspoon salt (for garlic paste); more salt, to taste, for marinade
- ¼ cup fresh oregano leaves, finely chopped
- ¼ cup flat-leaf parsley, chopped
- ¼ cup fresh thyme leaves, finely chopped
- ¼ teaspoon chilli flakes (optional)
- ¾ cup olive oil
- Juice and zest from 1 lemon, to taste

Mince together the garlic and salt until you create a smooth paste. In a small bowl, combine the garlic paste, parsley, oregano, thyme and chilli flakes. Whisk in the olive oil first (to prevent the herbs browning from the lemon juice), then add the lemon juice and zest. Season to taste with salt. Set the sauce aside.

Italian grilled flank

- 700 g organic flank steak, trimmed
- Salt and pepper, to taste
- Olive oil, to rub in

Bring the steak out of the fridge 10–15 minutes before cooking. Heat a heavy-based frying pan to medium heat. Pat the flank steak dry with paper towel and sprinkle both sides with salt and pepper, then rub in some olive oil. Cook the steak for 4–6 minutes each side (for medium-rare to medium), then transfer it to a cutting board and allow it to rest for 10 minutes before cutting it in strips across the grain.

Fried chickpea salad

- 2 cups chickpeas, boiled until cooked, then drained and roughly chopped
- 3 tablespoons fresh lemon juice or your favourite vinegar
- 2 tablespoons honey (optional)
- 5 tablespoons extra-virgin olive oil

- Salt and freshly ground black pepper, to taste
- 1 cup shallots, finely chopped (green and white parts)
- 3 cloves garlic, sliced
- ½ teaspoon cumin seeds
- 4–5 cups rocket, washed and dried
- 1½ cups cherry tomatoes, halved or sliced
- ½ cup fresh mint, coarsely chopped
- 2 tablespoons pine nuts, toasted

In a small bowl, stir together the lemon juice and 1 tablespoon of the olive oil. Season with salt and pepper. Set aside. In a large frying pan over high heat, add 3 tablespoons of olive oil. When the oil is hot, add the chopped chickpeas and the cumin seeds. Cook, tossing occasionally, until the seeds are fragrant and the chickpeas are golden and crisp on the outside (6–7 minutes).

Reduce the heat to medium-high and add the shallots and garlic. Cook, stirring, until the shallots just begin to wilt (about 2 minutes). Transfer to a large serving bowl and let cool slightly (about 15 minutes).

Add all the leaves, cherry tomatoes and pine nuts to the bowl. Pour over the dressing, season with salt and toss well before serving.

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