

Pumpkin and Cous Cous Salad.

This succulent piece of steak is well balanced by a green bean, pumpkin and cous cous salad.

Ingredients

1 kg butternut pumpkin cut into 3-4cm chunks

200 g green beans end trimmed

1 1/2 cups chicken or vegetable stock

1 1/4 cups cous cous

2 tbsp extra virgin olive oil

2 tbsp orange juice

2 tsp red wine vinegar

1/4 cup slivered almonds toasted

1/4 cup parsley chopped

olive oil spray

vegetable oil to brush

6 Beef Porterhouse Steaks

Method

1. Preheat the oven to 200 °C or 180 °C fan and line a baking tray with non-stick baking paper.

Arrange the pumpkin onto the prepared tray, spray with oil and bake for 45 mins or until soft and lightly browned. Cool.

2. Drop the beans into a saucepan of boiling water and cook for 2 mins. Drain and cool quickly under cold running water. Drain and pat dry with paper towels.

3. Place stock into a medium saucepan. Cover and bring to the boil. Turn off the heat, add the cous cous then immediately cover again. Stand for 5 mins. Transfer to a large bowl, drizzle with the olive oil and fluff up the grains with a fork. Add the pumpkin, beans, orange juice, vinegar, almonds and parsley. Toss to combine.

4. Preheat a barbecue flat plate or chargrill to medium-hot heat. Brush the steaks with oil and season with salt and freshly ground black pepper. Cook for 4 mins each side for medium rare or to your liking. Rest for 5 mins before serving with the cous cous salad.

TIP

Cous cous salad can be made up to two hours ahead. Cover and chill in fridge before serving.