



BBQ CAPE GRIM SCOTCH FILLET WITH SPINACH & RED WINE JUS

- 4** 250g Cape Grim scotch fillet
- 600ml** Beef jus
- 1** Garlic clove, chopped
- 3** Sprigs thyme
- 1** Red onion, finely sliced
- $\frac{1}{2}$ Bottle red wine
- 50g** Butter
- 100g** Baby spinach
- Olive oil
- Sea salt and fresh ground black pepper

Pre heat BBQ until hot registers on the hood indicator (hood down).

For the sauce, heat a pot to medium on your wok burner and add oil, sliced onions, garlic and thyme, sauté with no colour until onion are soft, add red wine and reduce to $\frac{1}{3}$. Add the beef jus, reduce by half. Set aside.

Oil and season steak with salt and pepper and turn the BBQ heat down to $\frac{1}{2}$.

Place steak on grill and let sear for approximately 2 minutes.

Turn steak with raw side still facing up to achieve crisscross char grill lines and wait for tiny drops of blood to form on the surface (this is for medium rare), then turn over.

Cook steak on the second side for about $\frac{1}{2}$ the cooking time of the first side the once cooked, place steak on resting plate.

Wilted spinach: Lace a tray on the BBQ with a small amount of water, add spinach and warm through gently, season with sea salt and cracked black pepper, drain excess water.

Finish sauce by bringing back to the boil and whisking in cubed room temperature butter.

To serve - Place wilted baby spinach leaves onto the centre of your plate, top with your steak and drizzle with sauce. BBQ Cape Grim Scotch Fillet with Spinach & Red Wine Jus.

SERVES 4