

Sustainable Menu

PREP TIME 25 MIN | COOK TIME 1 MIN | SERVES 10

BEEF POWER BOWL WITH BEETS, SOBA NOODLES , AVOCADO & WATERMELON RADISH

Method

1. Pre-heat oven to 60 ° C, dry heat.
2. Marinade: Combine all of the ingredients in a bowl and whisk. Reserve 1/4 for dressing salad prior to service.
3. Trim beef and slice into three logs. Place beef in a shallow full gastro pan, season with salt and pepper, place into the oven. Cook to internal doneness of 56 ° C. Remove and pan sear beef over a hot grill, basting with reserved marinade from gastro pan. Cut into thin slices across the grain.
4. Cook soba noodles in a large saucepan of boiling water following packet directions. Drain and refresh in ice water.
5. Place all ingredients in bowls, add fresh coriander and spring onions to the beef & beetroot.
6. Slice Avocado and arrange on the side of the plate with pickled watermelon radish . Add beef.
7. Drizzle with reserved marinade and garnish with sesame seeds and nori strips.

INGREDIENT LIST

Beef

- 1400g Beef MSA Rump (Rostbiff)

Other ingredients

- Sea Salt and cracked pepper to season

Beef & Beetroot Marinade

- 250mls soy sauce
- 20mls sesame oil
- 20mls rice wine vinegar
- 20g grated ginger
- 80mls lime juice
- 60mls of maple syrup
- 2g chilli flakes

Poke Bowl Ingredients

- 500g beetroot, steamed diced
- 300g green onions (shallots) thinly sliced
- 200g coriander, leaves picked
- 200g frozen edamame, blanched, refreshed
- 100g watermelon radish, sliced thinly on a mandolin, pickled
- 600g avocados, peeled, sliced
- 350g soba noodles
- 50g sesame seeds, toasted
- nori strips to garnish

