

J. Rickards Winery



CHIMICHURRI BEEF SKEWERS WITH RICE SALAD

Prep time: 25 min | Cook time: 35 minutes | Total time: 55 minutes | 6 servings

Recommended wine pairing: *J. Rickards Winery Syrah, Furlong Vineyards*

INGREDIENTS

2 tsp cumin seeds
juice and zest of 2 limes, plus extra wedges to serve
1 ½ lb flank steak, cut into long strips across the grain
1 ¼ cups long grain rice or wild rice mix
2 x 14 oz cans black beans, rinsed and drained
3 shallots, finely diced
2 ripe avocados, chopped into small chunks
7-8 oz Greek yogurt or natural yogurt, to serve
8 inch piece cucumber, chopped into small chunks

For the Chimichurri

1 shallot, roughly chopped
3 garlic cloves, roughly chopped
½ bunch cilantro
1 bunch flat-leaf parsley leaves, stems removed
2 tsp dried oregano
4 tbsp olive oil
4 tbsp red wine vinegar

Supplies

6 large or 12 small metal or pre-soaked wooden skewers

DIRECTIONS

- 1 First, make the chimichurri base. Put the shallot in a mini food processor with the garlic, herbs and oil. Pulse until finely chopped but still with some texture – like a chunky pesto. Put 1 ½ tbsp in a small bowl and set aside. Mix the red wine vinegar and 1 tbsp water into the remaining mixture and season. Chill until assembly.
- 2 Stir the cumin seeds and lime juice into the reserved 1 ½ tbsp chimichurri base, then spoon all over the steak strips in a non-metallic dish. Give everything a good mix to coat, then marinate in the fridge for at least 30 minutes or up to 2 hours.
- 3 Rinse the rice and put in a saucepan with triple the volume of water. Bring to the boil, then lower the heat, cover and simmer gently until cooked. Drain any remaining liquid, and then spread on a tray to cool quickly.
- 4 When the rice is almost cool, stir in half the chimichurri sauce with the black beans, shallots, avocado and cucumber.
- 5 Thread the beef onto 6 large or 12 small skewers and heat the grill or a griddle pan to high. Grill for 3-4 minutes on each side, or griddle for 1-2 minutes each side, depending on how well cooked you like your steak. Serve the rice on a platter with the skewers, lime wedges, yogurt mixed with lime zest, black pepper, and the remaining chimichurri.

Enjoy!