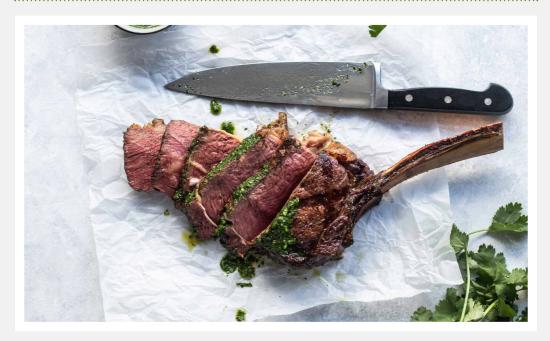
rib fillet on the bone



cooking time 25min **serves** 4-6



this recipe is free from gluten, dairy and sugar.

ingredients

1-2 rib fillet steaks on the bone (OP Rib)

1/2 cup fresh mint

1/2 cup fresh coriander

1/2 cup fresh flat leaf parsley

1/2 cup extra virgin olive oil + extra

2 tbsp lemon juice

1 clove garlic, minced

method

- 1. bring internal cooking temp of bbq/ weber to 110°c.
- 2. cook in bbq for 40 mins or until steak has internal temp of 50° c.
- 3. turn grill up very high and sear both sides of steak for 90 seconds for medium rare.
- 4. meanwhile, prepare fresh herb sauce. in food processor/ blender pulse herbs to chop. add olive oil, lemon juice and garlic and combine well. season to taste. set aside.
- 5. allow steak to rest for 10 mins.
- 6. turn grill up very high and sear both sides of steak for 90 seconds for medium rare.
- 7. serve with fresh herb sauce and favourite sides.

