



SERVES 6

### INGREDIENTS:

- 600g of your favourite cut of steak (e.g. eye fillet, rump or sirloin) trimmed of fat and sinew
- 2 cloves garlic, crushed
- 3 tbsp, plus 50ml, extra virgin olive oil
- 1 cup Allison's Pantry Quinoa, rinsed and well drained
- 2 avocados, peeled, stoned and diced into 3cm pieces
- 1 roasted red capsicum, thinly sliced
- 6 Allison's Pantry Dried Figs, sliced
- ½ cup Allison's Pantry Brazil Nuts, chopped
- 3 tomatoes, cut into thin wedges
- 2 tbsp red wine vinegar
- ¼ cup Allison's Pantry Pumpkin Seeds, toasted
- Parsley leaves for serving

### METHOD:

1. Put the steak into a bowl and add the garlic and the 3 tablespoons of oil.
2. Season with salt and freshly ground black pepper and mix well. Reserve.
3. Put the quinoa into a saucepan and add 1½ cups of water.
4. Bring to the boil, cover, place on your stove's smallest element, turn the heat down to the lowest setting and cook, without uncovering for any reason, for 20 minutes.
5. Remove from the heat and let stand, without uncovering, for 5 minutes.
6. Uncover and fluff up with a fork. Allow to cool.
7. Meanwhile, panfry or barbecue the steak the way you like it.
8. Remove from the heat and rest for 5 minutes in a warm place.
9. Put the quinoa, avocados, capsicum, figs, brazil nuts and tomatoes in a large shallow serving bowl.
10. Thinly slice the steak across the grain of the meat and place on top of everything.
11. Mix the vinegar and the 50ml of oil, taste and season.
12. Drizzle this over the steak.
13. Sprinkle the pumpkin seeds and parsley on top and serve.