



Steak with Underberg marinade and coleslaw

Ingredients

Serves 4

For the steak

- 4 entrecôte of 200 g each
- 2 cl Underberg
- 150 ml rapeseed oil
- 1 garlic cloves
- 1 tsp brown sugar
- 15 g rosemary

- salt, pepper

For the coleslaw

- 450 g red cabbage
- 2 carrots
- 3 spring onions
- 1 tbsp of sugar
- 130 ml white wine vinegar
- 50 ml rapeseed oil
- 15 g chives
- 1 tsp salt
- pepper

Preparation

For the marinade, peel and finely chop the garlic. Pluck rosemary from the twigs and chop finely. Mix garlic and rosemary together with Underberg, sugar and rapeseed oil in a bowl. Put the steaks in marinade and leave them in the refrigerator overnight for 6-12 hours.

For the cabbage salad, slice or cut red cabbage into fine strips. Peel carrots and cut or slice them into fine strips. Cut spring onion into rings, chop chives finely.

Put the red cabbage and carrots in a bowl and knead them together with sugar and salt for 1-2 minutes with your hands until soft. Then add chives and spring onions.

Mix white wine vinegar and rapeseed oil and season with salt and pepper. Mix vegetables with dressing and chill for 30-60 minutes. Season to taste with salt and pepper before serving.

Take steaks out of the fridge 2 hours before grilling. Preheat the grill. Grill the steaks on direct high heat (approx. 250-280 °C) for 2-4 minutes. Turn steaks and grill for another 2-4 minutes. To serve the steak medium, it should reach a core temperature of 55-58 degrees.

Remove steaks from the heat and let them rest for 10 minutes before cutting them. Serve with coleslaw.

Preparation time: 35 minutes

Nutritions per serving:

695.5 kcal / 2906.2 kj

26,7 g of carbohydrates

60,2 g protein

36,1 g fat