

OVERALL time: 50 mins

Fillet & Orzo Salad

Fresh, vibrant, and satisfying — this fillet and orzo salad combines tender grilled fillet with wholesome orzo, crisp vegetables, and a zesty dressing for the perfect light yet hearty meal.

Metric

Number of servings : 8

ingredients

For the steak

- 1.5 kg Beef fillet
- To taste **Cape Herb and Spice Texan Steakhouse Rub**

For the orzo

- 250 g Orzo
- 30 ml Red wine vinegar
- 1 English cucumber, diced
- 1 Onion, diced
- 200 g Feta Cheese
- 200 g Green olives, chopped
- 60 ml Fresh dill
- 60 ml Fresh chives
- Zest of lemon
- **Cape Herb and Spice Greek Style Lemon & Herb Rub**

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 20 mins | COOKING TIME: 30 mins

For the steak:

Prepare braai in advance to a medium high heat.

Remove fillet from the fridge about an hour before braaiing.

Tip for even cooking:

If you have a fillet that has a thin tail end, fold it under itself and tie it in place with butcher's string.

Trim off any excess silver skin.

Drizzle fillet with olive oil and season thoroughly with Cape Herb & Spice Texan Steakhouse Rub.

Rub the oil and seasoning all over the fillet.

Transfer fillet to the braai and sear all over until deeply browned on all sides.

Once the fillet has a gorgeous crust and good colour, move most of your coals to the side to cook more gently, turning occasionally, until it hits your desired final temperature.

This will take about 15-20 minutes for medium rare, depending on the thickness of the fillet.

For perfectly medium rare, remove the fillet from the braai as soon as the internal temperature hits 52°C.

Allow to rest for 10 -15 minutes.

Once rested, cut the steak into thick slices and season with a little extra Texan Steakhouse Rub.

For the salad:

Bring a medium sized pot of water to the boil.

Cook the orzo according to package instructions.

Once cooked, drain and spread out onto a baking tray.

Drizzle with a little olive oil and red wine vinegar, stirring it through the pasta.

Leave to cool.

Once the pasta is cool add the orzo and the rest of the salad ingredients to a large bowl.

Drizzle with lemon juice, a little olive oil and season generously with Cape Herb & Spice Greek Style Lemon & Herb Rub.

Toss to mix everything together very well.

Serve alongside the freshly braaied fillet steak and enjoy!

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram | <http://thesecretlifeofbee.co.za/>

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