

INGREDIENTS:

1 Kilo of rump steak cut into small cubes

2 medium onions

2 green peppers

20 cherry tomatoes

For the marinade:

150ml each olive oil and red wine, juice and finely grated rind of half a lime, pinch of cayenne pepper, two peeled garlic cloves, half a teaspoon salt, tablespoon each fresh oregano and rosemary leaves

TIME: 20mins+6 Hours

SERVING: 4 people



Combine all the marinade ingredients and whizz for 20 seconds in a blender or pour into a jug and use a hand blender. Transfer to a polythene bag, add the cubed meat, mix well, seal and refrigerate for at least six hours. Peel the onions, halve them laterally, quarter each half and separate the segments and cut the peppers into similar sized chunks. Thread the meat and vegetables onto skewers – if you use the flat-bladed metal ones it will be easier to turn the meat – always ensuring each piece of steak has a piece of onion either side of it. Barbecue over a moderate heat until the meat is just browned or cook under a medium grill.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: