

Beef Rump Po'boy from beefandlamb.com

Prep time: 15 minutes | Cook time: 5 minutes |

Serves 4

Ingredients

600 beef rump steak, trimmed

1 tbsp. olive oil

2 Lebanese cucumbers

1 tbsp. white vinegar

4 soft, long (15cm) brown bread rolls

Wholegrain mustard

1 avocado, sliced

2 roma tomatoes, sliced

2 cups shredded iceberg lettuce

Chilli sauce, to serve

Method

1. Brush beef with oil and season with salt and pepper. Preheat a frying pan over high heat and cook the steaks for 2 minutes each side. Rest for 5-10 minutes and slice thinly.

2. To pickle cucumbers, cut them into long batons roughly the length of the bread rolls. Sprinkle with a little salt and the vinegar and leave to pickle for 10-15 minutes.

3. Open the bread rolls and spread with mustard and avocado. Fill the rolls with salad and top with sliced beef and chilli sauce.

Tips

1. Maintain the juiciness of the beef by covering and resting it for 5-10 minutes before serving.

2. Try using flank, sirloin or flat iron steak instead of rump.

3. Mini po' boys are ideal for parties, entertaining and kids meals. Just use dinner rolls and switch out the steak for mini beef sausages.

Switch to make: Vietnamese banh mi

Swap the avocado for coriander. Pickle the carrot instead of the cucumber and add a splash of dressing made with fish sauce, chilli and caster sugar. Use mayonnaise in place of chilli sauce.

