

1 hour

Serves 4

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Ingredients:

Dry rub:

- ¼ cup (60ml) coriander seeds
  - 2 Tbsp (30ml) each smoked paprika, brown sugar and ground cumin
  - 2 tsp (10ml) each milled pepper and mustard powder
  - 4 tsp (20ml) dried thyme
  - 1 tsp (5ml) cayenne pepper
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- 800g beef chuck
  - ½ cup (125ml) vegetable oil

Method:

1. Toast coriander seeds in a dry pan over medium heat.
2. Crush with a pestle and mortar.
3. Add remaining rub ingredients and pound until well mixed.
4. Toss chuck, vegetable oil and spice mix together.
5. Allow to marinate for at least 20 minutes.
6. Braai chuck over medium coals, turning halfway until cooked to your liking.
7. Snip into pieces and serve.

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