

30 minutes

Serves 6-8

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Ingredients:

- 3 packets (200g each) baby carrots
- Salt and milled pepper
- Olive oil
- 1 tsp (5ml) cumin seeds, crushed
- 1 tsp (5ml) fennel seeds, crushed
- 1 large (300-400g) picanha steak
- Parsley, ruby micro herbs and tahini, for serving

Moroccan rub:

- 1 Tbsp (15ml) each cumin seeds, coriander seeds and smoked paprika
- ½ tsp (3ml) cinnamon
- Pinch each ground cloves and ground ginger
- 3 sprigs each rosemary and oregano, leaves chopped

Method

1. Preheat oven to 180°C.
2. Place carrots on a baking tray and season.
3. Add oil and spices.
4. Roast for 20-25 minutes, then rest for 10 minutes.
5. Combine rub ingredients and rub onto steak.
6. Cook steak fat-side down over medium coals, browning meat well.
7. Turn meat and braai 4-5 minutes per side at a time, cooking to your liking.
8. Remove steak and rest for at least 15 minutes.
9. Serve sliced steak garnished with herbs, and with carrots, dressed with tahini, on the side.

COOK'S NOTE:

Picanha steak, the sirloin cap, is really flavourful as it is covered completely with fat on one side, which imparts a rich flavour. Always cook it fat-side down first to brown well and render the fat.

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