

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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