

45 minutes

Serves 2-4

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Ingredients

- 2 mielies
- 1 punnet (20g each) fresh Italian parsley and coriander, chopped
- 2 cloves garlic, crushed
- 2 cloves garlic, whole bruised
- 1 tsp (5ml) dried chilli flakes
- ½ cup (125ml) olive oil, + extra for steak
- ¼ cup (60ml) white wine vinegar
- Juice (60ml) of 1 lemon
- Salt and milled pepper
- 1-2 Tbsp (15-30g) butter
- 1-2 (300-500g each) rump steaks

Method

1. Char mielies over an open flame (or on the braai).
2. Cut kernels off cob and combine with remaining ingredients.
3. Season and set aside.
4. Heat a cast-iron or heavy-bottomed pan over high heat until smoking hot.
5. Add a glug of oil, butter and bruised garlic cloves to pan.
6. Sear steak 4-5 minutes per side (for medium-rare).
7. Rest steak for 10-12 minutes before slicing and serving with chimichurri.

COOK'S NOTE

Add the fresh herbs just before serving to retain their bright green colour.

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