

More than 1 hour

Serves 6

Share

Share on facebook

Share on twitter

Share on pinterest

Share on whatsapp

Share on email

Ingredients:

- Salt and milled pepper
- 2 large T-bone steaks
- Oil and butter, for frying
- 6 rosemary sprigs

Tabbouleh:

- Olive oil
- 2 small onions, chopped
- 400g pearl barley
- 6 cups (1.5L) vegetable stock or water
- Salt and milled pepper
- ¼ cup (60ml) melted butter
- ½ punnet (10g) flat leaf parsley
- Juice (60ml) and grated peel of 1 lemon
- 2 Tbsp (30ml) olive oil
- 1 punnet (6) figs, quartered, for serving
- 1 tub (100g) pomegranate rubies, for serving

Method

1. Season steaks and set aside at room temperature for about 30 minutes.
2. For tabbouleh, heat a little oil in a pot and sauté onion for 5 minutes or until golden.
3. Add barley, stock and seasoning.
4. Simmer for 20 minutes until tender. Cool.
5. Heat a glug of oil in a pan over high heat.
6. Fry steaks for 3 minutes per side.

7. Add butter and rosemary towards the end of the cooking time.
8. Set aside for 10 minutes.
9. Toss cooked barley with remaining tabbouleh ingredients.
10. Slice steak and serve on barley with figs and pomegranate rubies.

[Browse more festive recipes here.](#)