

## Grilled Steaks Balsamico

**Total preparation and cooking time: 30 minutes**

**Marinating time: 2 hours**

### **Ingredients**

**4 Beef shoulder top blade steaks (250gram each) *or* Eye Fillet steaks, 1 inch thick**

**Salt and freshly ground pepper**

**170g herb and garlic soft spreadable cheese (make your own if you need to)**

### **Marinade:**

**$\frac{2}{3}$  cup Caramelised Balsamic**

**$\frac{1}{4}$  cup fig preserves *or* chopped dried figs**

1. Place marinade ingredients in blender or food processor; process until blended. Place steaks and marinade in food-safe plastic bag; turn to coat. Close bag securely and marinate in refrigerator at least 2 hours.
2. Remove steaks from marinade. Place steaks on BBQ over medium or ash-covered coals. Grill steaks, covered, 10 to 14 minutes for medium – medium rare, turning once. Season with salt and pepper, as desired.
3. Meanwhile heat cheese in small saucepan over medium-low heat 2 to 4 minutes or until melted, stirring frequently.
4. Serve steaks with cheese sauce.

This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron and zinc.

**But more importantly, it just tastes great so get stuck into it!!**

