



BBQ Veggies

Ingredients

1 bunch Asparagus

1 packet Prosciutto

Balsamic Vinegar

Assorted mushrooms

Chilli - finely sliced and diced

Coriander - roughly chopped

Olive Oil

1 Medium Size Eggplant

1 Yellow Capsicum

4 Pieces of Fillet Steak

Method

Prosciutto wrapped Asparagus

Trim the tough end of the asparagus, wrap a single slice of prosciutto. around each sprig of asparagus on an angle to cover as much asparagus as you can. When all wrapped place on a plate and drizzle with Balsamic Vinegar and let sit to marinate for a little while. When ready, place on the grill of the BBQ for approximately 5 minutes turning occasionally.

Chilli and Coriander Mushrooms

Combine chilli and coriander in a bowl and add a small drizzle of olive oil to help hold the coriander and chilli on the mushrooms. Add mushrooms and give a good mix together. Place a piece of baking paper on the plate of the BBQ, cook mushrooms on paper until cooked to your desired level.

Grilled Eggplant and Capsicum

Slice eggplant and capsicum into sizes of your choice and grill on the BBQ with a small drizzle of olive oil.

Steak

For a nice Medium Rare steak, heat BBQ to hot temperature and place steak on the plate for 30 seconds before turning to seal the other side. Then move to the grill, 3 minutes on one side and 4 minutes on the return side. Longer for more well done of course. Rest the meat on a plate and cover in foil for 5 minutes after cooking.