

VENISON STEAK & ROOIBOS JUS



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Rooibos Jus

2 cups
50 g
1

Water
Jus R/P (08265800)
Rooibos tea bag

Seven Colours Venison Steak

12
45 g

Venison fillet steaks
Seven Colour Grill
Seasoning™ (04639010)

Method:

- 1 Add the water and Jus to a saucepan and mix together. Bring up to a simmer while whisking. Add the rooibos tea bag.
- 2 Simmer for \pm 5 - 10 minutes or until the sauce has thickened, stirring continuously. Leave to stand for \pm 30 minutes for the flavours to infuse.
- 3 Heat a heavy-based grill pan over high heat until smoking hot. Brush the steaks with oil on both sides and season with Seven Colours Grill Seasoning™.
- 4 Cook for 3 - 5 minutes per side or until cooked to your preference before removing from the pan to rest. Serve steak with rooibos jus.

Serves 6