SEVEN COLOURS STEAK, KAMEELDORING™ BOEREWORS & SWEET POTATO

Serves 8

INGREDIENTS:

Steak

1.6 kg	Beef, rump/rib eye steak
70 g	**Seven Colours Grill Seasoning™ (04639010)**
60 ml (¼ cup)	Oil, for frying
80 g (⅓ cup)	Butter

Boerewors

1 kg	Boerewors, made using **Kameeldoring™ Boerewors The Original R/P (03033010)**

Roasted Sweet Potato

1 kg	Sweet potatoes, quartered
90 ml (6 Tbsp)	Oil
30 g	Sugar
10 g	**Cinnamon Ground (31790010)**

METHOD:

1. For the Steak: Season the beef with the Seven Colours Grill Seasoning™.
2. Heat a tablespoon of the oil in a non-stick griddle or frying pan and fry the steaks in batches for 3 - 5 minutes on each side or until cooked to preference.
3. Add butter to the pan with each batch to coat steak before removing from pan. Rest steaks for 5 - 10 minutes before serving.
4. For the Boerewors: Place the boerewors on an open grill to cook for 5 - 8 minutes on each side depending on the thickness, turning halfway through.
5. For the Roasted Sweet Potato: Preheat an oven to 180°C.
6. Place the potatoes into an oven dish. Drizzle the oil over and sprinkle with the sugar and Cinnamon Ground.
7. Roast in the oven for 35 - 45 minutes or until golden brown and cooked through.