Grilled Steak with Tomato Chutney



What You'll Need

› 2 4-6oz or 112-170g New York striploin steak
› 3 tbsp butter or coconut oil, softened
› 2 cloves garlic, chopped
› 1 tsp oregano
› 1/8 tsp black pepper
› Sea salt or table salt to taste
› Option: Olive oil can be added to the butter rub to make it easier to spread on the steak.

Tomato Chutney

› 1 - 2 tsp butter or olive oil
› 1/2 cup chopped white onion
› 1 small clove of garlic
› 1 cup cherry tomatoes, chopped into quarters
› 3/4 cup fresh yellow and red peppers pieces, cut into small squares
› 1 large celery stalk, sliced into 1/4 inch pieces
› 2 tbsp maple syrup, sucanat or honey
› 1 tbsp apple cider vinegar
› Sea salt (or table salt) and pepper to taste
› 2 tbsp fresh cilantro

Directions

Grilled Steak

1. Mix the butter, garlic and oregano in a small bowl.
2. Dry the steak with paper towel, brush the rub on each side and refrigerate.
3. When ready to cook, preheat the grill on high.
4. Place the steak on grill and leave the lid open. Grill until the steak does not stick.
5. Flip over the steak and turn 45 degrees. Continue to grill until juices appear on the surface.
6. Cook to the desired degree for your taste preference.
7. Remove from the grill and season with sea salt to taste.
8. Serve with Tomato Chutney, baked potato and steamed vegetables or grilled vegetables.

Tomato Chutney

1. Sauté the onions in the butter or oil in a saucepan over medium heat.
2. Once the onions are soft, add the garlic and stir.
3. Add in the tomatoes, peppers, celery, maple syrup and vinegar. Bring the mixture to a boil and lower to simmer.
4. Add the sea salt and pepper to taste and simmer the mixture for about 15-20 minutes. Add the cilantro and mix.
5. Use as a condiment with a meal or eat as a snack with crackers and vegetable sticks. The chutney can be kept in the fridge for five days. It can also be frozen for a longer storage time.