

INGREDIENTS:

750g of lean rump steak, cut into small cubes

2 tablespoons fresh chopped flat-leaf parsley

4 garlic cloves

2 tablespoons fresh chopped oregano

3 tablespoons olive oil

1 tablespoon red wine vinegar

1 teaspoon salt

1 teaspoon dried chilli flakes

20 grindings of black pepper

TIME: 10 mins + 2 hrs**SERVING:** 4 people

Assemble all the marinade ingredients in a bowl, add the beef, turn well to coat, cover and refrigerate for two hours. Thread onto skewers and grill for four to five minutes, brushing with any left-over marinade.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: