

**INGREDIENTS:**

Our 225g rump or sirloin steaks

2 teaspoons crushed black peppercorns

4 teaspoons mustard powder

Teaspoon cayenne pepper

2 tablespoons olive oil

**TIME:** 40 mins**SERVING:** 4 people

Mix together the pepper, mustard powder, cayenne and oil and spread over both sides of the steaks. Leave for 20 minutes. Barbecue for four minutes for rare, six minutes for medium and 10 for well done

*Enjoy! Malcolm & Julie Pyne*

**YOUR NOTES:**