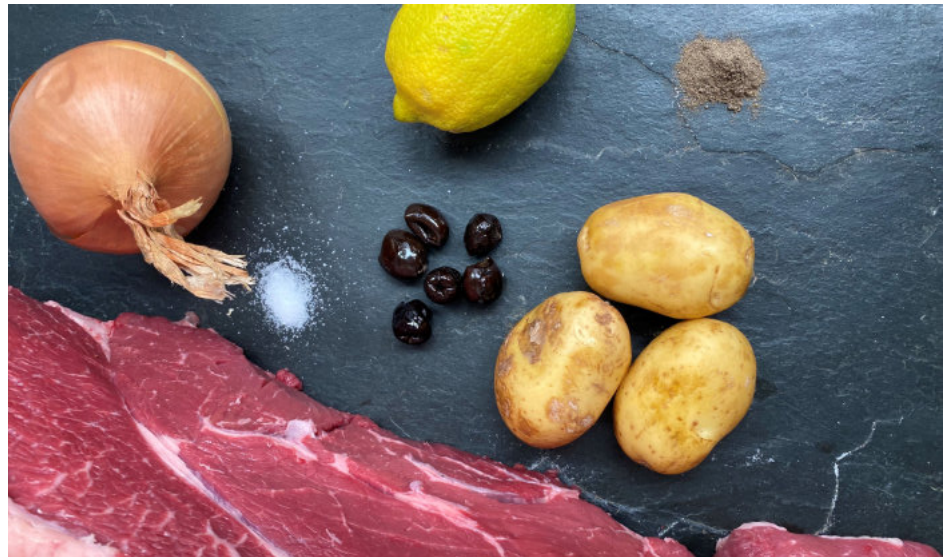


INGREDIENTS:

700g rump steak
1 large onion
1 tablespoon dried thyme
24 pitted and dried black olives
1 jar of sundried tomatoes
2 red peppers
Sea salt
Freshly-ground black pepper
Juice of two lemons.

TIME: 1 Hour**SERVING:** 4 people

Place eight wooden skewers in a jug of water to soak. Trim any fat away from the steak and cut into one-inch cubes. Peel the onion and halve laterally, quarter each half and break up the segments. Drain the sundried tomatoes, reserving the oil, and halve each one. Cut the peppers into chunks the same size as the steak. Place the steak in a bowl, add the oil from the tomatoes, the thyme and plenty of salt and pepper, mix well and leave for 30 minutes. Thread all the ingredients onto the skewers, always ensuring each piece of meat has a segment of onion on either side of it. Barbecue for eight to 10 minutes until lightly charred and sprinkle with lemon juice just before serving.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: