



chipotle marinated
Grilled Rib Eye
& creamy cucumber slaw

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Serves 4

Ingredients (Rib Eye)

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|---|----------------------------|
| 4 limes, juiced | 3 chipotles in adobo sauce |
| 3 tbsp. (45 g) brown sugar | 1 cup (250 ml) olive oil |
| 2x16 oz. (450 g) rib eye steaks, 1" thick | Kosher salt to taste |
| 8 oz. (225 g) creamy Paysanne cucumber slaw | |

Method (Rib Eye)

1. In a blender, combine lime juice, chipotles and brown sugar. Blend until smooth, then add the olive oil and blend until ingredients are frothy (4 to 6 minutes).
2. Place the steaks in a large glass baking dish and pour half the chipotle marinade over the steaks, then turn steaks. Cover with plastic wrap, refrigerate and let sit for at least 2 hours or overnight. Refrigerate the remaining marinade separately.
3. Remove the steaks and the remaining marinade from the refrigerator 30 minutes prior to grilling.
4. Preheat the grill to high.
5. Remove the steaks from the marinade and season with salt and pepper on both sides.
6. Place steaks on the grill for 5 minutes. Flip steaks and cover for an additional 5 minutes for a medium rare steak.
7. Transfer the steaks onto a cutting board and let rest for 5 minutes.
8. Cut the steaks in half, drizzle with the remaining marinade and serve with the cucumber slaw.

Ingredients (Creamy Cucumber Slaw)

- 1 cup (250 ml) plain yogurt
- 1 cup (250 g) Paysanne cucumbers, seeded and cut into julienne strips
- 3 tbsp. (45 g) fresh dill
- Salt and pepper to taste

Method (Creamy Cucumber slaw)

1. Put the julienne cucumber strips into a strainer and add salt to drain excess water.
2. Mix with yogurt and dill. Season to taste with salt and pepper.

Nutritional Facts per serving (248 g): Calories 620

Fat 45 g (69 %), Saturated Fat 15 g + Trans Fat 1 g (80 %), Cholesterol 115 mg, Sodium 740 mg (31 %), Carbohydrate 8 g (3 %), Fiber 0 g (0%), Sugars 6 g, Protein 45 g, Vit A (2 %), Vit C (10 %), Calcium (2 %), Iron (40 %). % = % Daily Value



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