

# barbecued steak and mustard ciabatta sandwich

serves 2



This is a delicious – if a little messy – sandwich of juicy barbecued steak with some mustard and salad to make it all the more tasty. I prefer rump steak for this dish – its flavour is just so good, but sirloin is also good.

You can also cook the steaks on a griddle pan inside, if the weather is inclement!

## ingredients

1 ciabatta loaf  
2 rump steaks  
olive oil  
dijon mustard  
lettuce leaves, washed  
(I prefer soft floppy lettuce rather than crunchy iceberg)  
2 tomatoes, sliced

## method

Cut the ciabatta in half lengthwise and spread one side with Dijon mustard – thickly if you love mustard. Strew some lettuce on top.

Brush the steaks with a little oil then season them with sea salt and freshly ground pepper. Cook on a hot barbecue for 2 – 2½ minutes on each side, or until done to your liking. When you first put the steak on the grill, do not touch it for at least 1 minute so it forms a nice crust and makes for easy turning.

Slap the steaks onto the mustard coated bread then top with tomatoes. Top with the top half of bread, cut in half and serve at once.



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