



Mushroom, steak & watercress sandwich

Serves 4

- 1/4 cup olive oil
- 2 garlic cloves, crushed
- 8 small (70g each) flat mushrooms, trimmed
- 4 beef scotch fillet steaks, trimmed
- 8 x 1 cm-thick slices sourdough bread
- 125g reduced fat hummus dip
- 1 cup watercress sprigs

- 1.** Preheat a barbecue plate over medium-high heat. Combine oil and garlic in a small bowl. Brush mushrooms and steaks with oil. Season with salt and pepper.
- 2.** Barbecue steaks for 2 minutes on each side (for medium rare) or until cooked to your liking. Transfer to a plate, cover with foil and rest for 5 minutes. Barbecue mushrooms for 2—3 minutes on each side until tender. Transfer to a plate.
- 3.** Barbecue or toast bread until golden. Cut steaks in half. Spread 4 slices of toasted bread with hummus. Top with watercress, steaks and mushrooms. Season with salt and pepper. Cover with remaining bread and serve.

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