

# RUMP SOSATIES

## INGREDIENTS

450g Rump steak  
60gr Apricots (fresh or dried)  
50gr Red onions  
100 ml Sunflower oil  
100 ml BlackGold  
5gr Fresh Rosemary  
5g Black Pepper crushed  
Salt  
Fresh lemon

## METHOD

Cut the meat and red onion into large cubes (Meat +- 30g cubes)

Mix together oil, rosemary, black pepper, fresh lemon juice and AB BlackGold to create marinade.

Marinate the meat for about 2-3 hours.

Thread the meat, onion and apricot onto skewer and grill to perfection.

PS: AB balsamic glazes are perfect for marinating meat. Use BlackGold as a base and experiment with your own ingredients to make the perfect marinade match for your choice of protein.



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**PRODUCTS**

