

# GRILLED BEEF HEART

**Time: 30 minutes (plus marinading time)**

**Serves: 6**

## Ingredients:

250g balsamic vinegar  
12g salt  
2g fresh ground black pepper  
1kg beef heart - cleaned and trimmed

## Preparation:

In a bowl or measuring cup, whisk together the vinegar, salt, and pepper.

Place the heart in a zipper seal freezer bag and pour over the vinegar mixture. Remove the air from the bag and seal.

Refrigerate overnight.

Preheat your grill on high.

Discard the marinade and pat the heart dry with paper towel.

Grill, turning occasionally until the internal temperature reaches 55C (for medium-rare).

Remove from heat, rest tented with foil if desired, slice, and serve.

## Nutritional Information Per Serving:

Calories: 274	<b>Hand-Size Portion Guide</b>
Fat: 7.9g	Palms of Protein: 2
Carbs: 0.2g	Fists of Vegetables: 0
Fibre: 0g	Cupped Hands of Carbs: 0
Protein: 47.3g	Thumbs of fat: 0