



# MARLEY SPOON



## Cheat's Roast Beef and Veggies with Tahini Sauce

 30-40min  2 Portions

Jazz up your meat and three veg with this super speedy version of a classic roast dinner. We've also teamed it with a nutritious tahini sauce. Did you know that consuming plant seeds, such as sesame seeds, seems to be associated to a better glycemic profile and improved lipid levels and inflammatory markers in the body?



## What we send

- garlic clove, parsley
- white toasted sesame seeds <sup>11</sup>
- lemon
- potatoes
- grass-fed beef rump
- tahini <sup>11</sup>
- carrot
- zucchini

## What you'll require

- Australian honey
- olive oil
- salt and pepper

## Utensils

- baking paper
- foil
- large frypan
- oven tray
  
- Our veggies come straight from the farm, so please wash them before cooking.

## Cooking tip

Squeeze garlic from roasted skin and add to tahini dressing for extra flavour!

## Allergens

Sesame (11). May contain traces of other allergens.

## Nutrition per serving

Energy 610.0kcal, Fat 24.5g, Proteins 42.1g, Carbs 47.4g



### 1. Prepare vegetables

Preheat oven to 220C. Cut the **potatoes** into 1cm thick slices. Cut the **carrots** into 2cm thick slices (halve lengthwise if very thick). Cut the **zucchini** into chunks. Bash the **garlic**, leaving the skin on.



### 2. Roast vegetables

Toss the **potatoes, carrots, garlic** and **zucchini** with 1 tbs **oil** on a lined oven tray and season with **salt and pepper**. Roast for 18 mins.



### 3. Brown beef

Meanwhile, heat 1 tbs **oil** in a large frypan over high heat until the oil shimmers and just starts to smoke. Season the **beef** with **salt and pepper**. Cook the steak for 1-2 mins each side until well browned.



### 4. Roast beef and veggies

Transfer the **beef** to the tray with the **vegetables** and roast for a further 5-10 mins until vegetables are tender and beef is cooked to your liking (cooking time will depend on the thickness of your rump steak). Set steak aside and rest loosely covered with foil. Increase oven to 250C and roast veggies for a further 5 mins or until crisp and golden.



### 5. Make tahini sauce

Meanwhile, juice half the **lemon** (reserve remaining half for another use). Whisk the **tahini**, ½ tsp **honey** and 1 tbs **lemon juice** in a small bowl until smooth, season with **salt**. Whisk in 1-2 tsp water if needed to thin out a little (see cooking tip).



### 6. Get ready to serve

Pick the **parsley** sprigs (discard stems). Thinly slice the **beef** against the grain. Transfer the **beef, vegetables** and parsley to a platter. Serve with the tahini sauce and sesame seeds.