

MARLEY SPOON



Beef Steaks with

Warm Chickpea Hummus and Fattoush



20-30min



2 Portions

Fattoush, a classic Lebanese salad, is always zesty and filled with crispy bread pieces that soak up all the lovely lemony dressing. Here, we teamed it with hummus which, thanks to the chickpeas, is an excellent source of protein. You will also get a good hit of iron thanks to beef and chickpeas, so you will love this nutritious and delicious Summer meal.

What we send

- parsley, garlic, shallot
- lemon
- chickpeas
- Lebanese cucumber
- tomato
- green capsicum
- grass-fed beef flank steak
- flatbread ¹

What you'll require

- extra virgin olive oil
- salt and pepper

Utensils

- chargrill or frypan
 - Colander
 - foil
 - grater
 - small saucepan
 - stick blender/food processor/mortar and pestle
- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1). May contain traces of other allergens.

Nutrition per serving

Energy 610.0kcal, Fat 18.3g, Proteins 47.7g, Carbs 54.4g



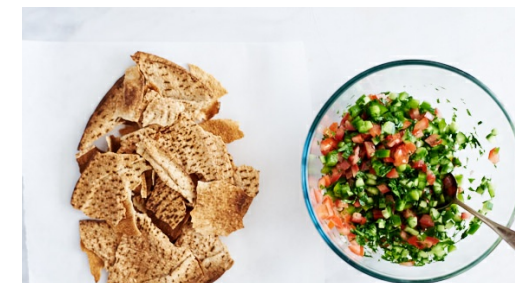
1. Prepare salad

Finely chop the **shallot**. Discard **capsicum** membranes and seeds and finely chop. Finely chop the **tomato** and **cucumber**. Coarsely chop the **parsley**.



2. Prepare hummus

Preheat the oven grill for the flatbread. Finely chop the **garlic**. Zest the **lemon** and squeeze the juice into a separate bowl. Drain the **chickpeas**, rinse well under cold water and shake dry.



3. Finish salad

Heat the **flatbread** under the oven grill for 2-4 mins until crisp and brown. Cool slightly and break into small pieces. Place in a large bowl and add the **shallot, capsicum, tomato, cucumber, parsley**, 2 tsp **oil** and 2 tsp **lemon juice** and season to taste with **sea salt and pepper**.



4. Chargrill beef

Brush the **beef** with 1 tsp **oil**, and season with a little **sea salt** and plenty of **pepper**. Heat a chargrill pan over high heat and cook the beef for 2-3 mins each side. Transfer to a plate, cover loosely with foil and rest for 5 mins.



5. Cook hummus

Meanwhile, heat 2 tsp **oil** in a small saucepan over low heat. Cook the **garlic** and **lemon zest** for 3 mins or until softened. Add the **chickpeas** and 1 tbs **lemon juice**. Cover and gently simmer for 1 min.



6. Get ready to serve

Using a stick blender (or a potato masher), blend the **hummus** into a coarse paste (you may need to add 1-2 tbs of water). Slice the **steak** against the grain. Divide the hummus and most of the **salad** between plates and top with the **sliced beef** and any juices. Serve with the remaining salad.