



Lemon Beef

with Risoni Rocket Pesto Salad



20-30min



2 Portions

Rocket pesto adds a lovely pepperiness to dishes and makes a great dressing for risoni - a rice-shaped pasta. Here, we've teamed it with premium grass-fed beef rump steaks that have been rubbed with zingy lemon pepper. Be sure to toss the fresh rocket through the pasta just before serving so it doesn't limp.

What we send

- rocket leaves
- risoni ¹
- 1 garlic clove and parsley
- lemon pepper spice mix
- slivered almonds ¹⁵
- lemon
- grass-fed beef rump steak

What you'll require

- extra virgin olive oil
- mustard ¹⁷
- salt and pepper

Utensils

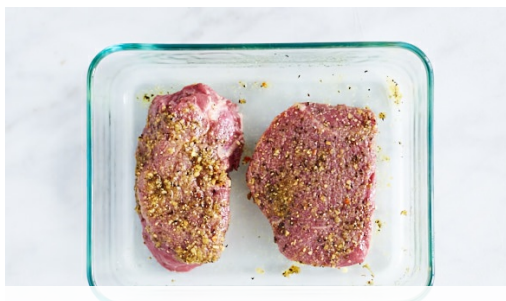
- chargrill or frypan
 - grater
 - medium saucepan
 - sieve
 - small frypan
 - stick blender/food processor/mortar and pestle
- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 800.0kcal, Fat 38.8g, Proteins 47.5g, Carbs 60.0g



1. Season steak

Bring a medium saucepan of salted water to the boil for the risoni. Brush **beef** with 2 tsp **oil** and season with 2 tsp **lime pepper spice mix**. Set aside for 10 mins.



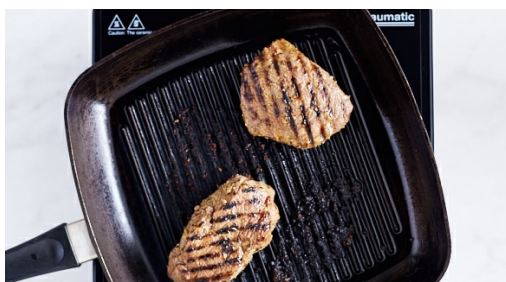
2. Prepare ingredients

Meanwhile, zest the **lemon** and squeeze the juice into a separate bowl. Coarsely chop the **garlic**. Pick the **parsley** leaves (discard stems) and coarsely chop. Heat a small frypan over high heat. Toast the **almonds** for 1-2 mins until lightly golden. Set aside to cool.



3. Prepare pesto

Place the **lemon zest, garlic, parsley, almonds, 70ml oil, 1-2 tsp mustard, half the rocket** and **sea salt and pepper** in a food processor, stick blender or food processor and blend until pesto-like.



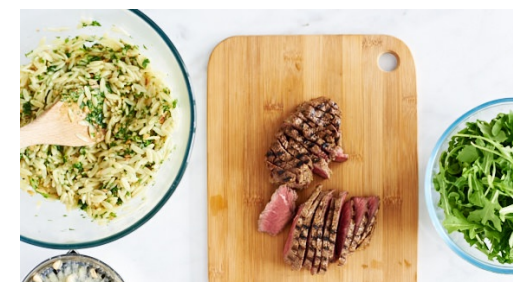
4. Chargrill steak

Heat a chargrill pan over high heat. Cook the **beef** for 1-2 mins each side until cooked to your liking (cooking time will vary depending on the thickness of the steak). Rest for 3 mins, then thickly slice against the grain.



5. Cook risoni

Meanwhile, cook the **risoni** in the pan of boiling water for 10-12 mins until al dente. Drain well.



6. Get ready to serve

Place the **risoni** in a large bowl and stir in the **pesto**, 1-2 tbs **lemon juice** and the **remaining rocket leaves**. Season to taste and arrange the **sliced beef** over the top.