



## Puy Lentil and Beef Salad

with Mustard Dressing...



20-30min



2 Portions

This healthy and nutritious dinner is the perfect midweek meal. It's quick, full of vitamins, fibre and protein and tastes so delicious. Tossing the dressing through the lentils while they're still hot means the dressing will absorb quicker which infuses the lentils with great flavour.



## What we send

- zucchini
- roma tomato
- 1 spring onion, parsley and 1 garlic clove
- vegetable stock concentrate
- French-style lentils
- grass-fed beef flank steak
- spice mix

## What you'll require

- olive oil
- salt and pepper
- sugar
- white wine vinegar <sup>17</sup>
- wholegrain mustard <sup>17</sup>

## Utensils

- chargrill or frypan
- medium saucepan
- sieve
- Our veggies come straight from the farm, so please wash them before cooking.

## Cooking tip

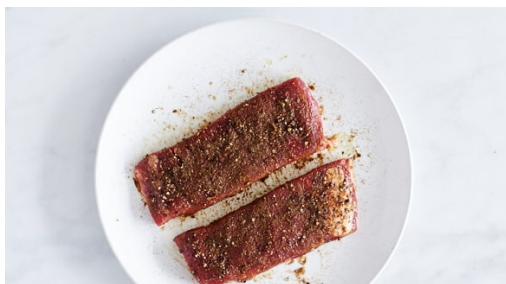
Flank steak should be sliced against the grain.

## Allergens

Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 550.0kcal, Fat 15.4g, Proteins 53.4g, Carbs 43.4g



### 1. Season beef

Combine 2 tsp **spice mix** with 1 tsp **ground black pepper** and a little **salt**. Brush the **beef** with 2 tsp **oil**. Press the mixture over the beef and set aside until ready to cook.



### 2. Cook lentils

Place the **lentils** and **vegetable stock concentrate** in a medium saucepan and cover with plenty of cold water. Bring to the boil and cook for 15 mins or until al dente. Drain (do not rinse). Shake dry and return to the pan.



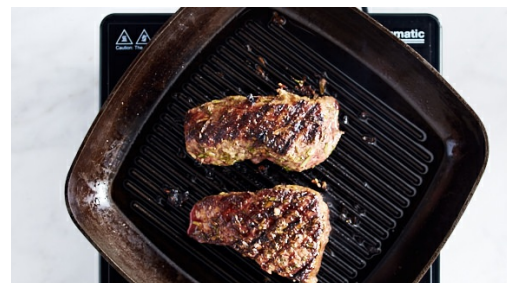
### 3. Make dressing

Meanwhile, crush the **garlic**. Place 2 tsp **oil**, garlic, 3 tsp **wholegrain mustard**, 1 tbs **vinegar**, ½ tsp **sugar** in a bowl. Season with **salt and pepper** and then stir through the cooked **lentils**.



### 4. Prepare salad

Thinly slice the **spring onion**. Dice the **tomatoes**. Pick the **parsley** leaves (discard stems) and coarsely chop. Trim ends of **zucchini** and cut into short batons.



### 5. Chargrill beef

Heat a chargrill pan over high heat. Cook the **beef** for 2 mins each side or until charred and medium-rare. The exact cooking time will depend on the thickness of the steaks. Rest for 5 mins then thinly slice (see cooking tip).



### 6. Get ready to serve

Toss together the **lentils, spring onion, tomatoes, parsley** (reserving a little for garnish) and **zucchini** and top with the **sliced beef**. Garnish with remaining parsley.