



Mustard Pepper Beef with

Orange Burghul and Watercress Salad



20-30min



2 Portions

Classic tabbouleh gets a makeover by adding an orange citrus twist and peppery watercress sprigs, while tender beef flank steaks get a mustard rub that's full of flavour. Just remember to cook the steaks no more than medium to keep them lovely and tender.

What we send

- 1 spring onion and parsley
- watercress
- grass-fed beef flank steaks
- Lebanese cucumber
- tomato
- orange
- burghul ¹

What you'll require

- Dijon mustard ¹⁷
- sea salt and pepper
- sugar
- white wine vinegar ¹⁷

Utensils

- chargrill or frypan
 - grater
 - Kettle
 - medium frypan
 - pastry brush
- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

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

Nutrition per serving

Energy 575.0kcal, Fat 15.2g, Proteins 42.1g, Carbs 62.2g



1. Toast burghul

Bring a kettle to the boil. Heat a medium frypan over high heat. Add the **burghul** and stir for 2-3 mins until golden and smoky. Remove from the heat.



2. Cook burghul

Place **burghul** in a heatproof bowl and pour over 200ml boiling water. Cover and set aside for 10 mins or until the grains are softened.



3. Make dressing

Meanwhile, finely grate the **orange** zest and juice the orange into a bowl. Stir in 1 tbs **white wine vinegar**, a pinch **sugar** and season with **salt and pepper**.



4. Prepare salad

Trim and finely chop the **spring onion**. Finely chop the **tomato**. Seed and finely chop the **cucumber**. Pick the **watercress** leaves and **parsley** leaves (discard stems).



5. Chargrill beef

Combine 2 tsp **ground black pepper** (or less if you prefer less peppery) with a little **salt** and 2 tsp **mustard**. Brush the **beef** with **oil** and rub with the mustard paste. Heat a chargrill pan over high heat. Cook the steaks for 1-2 mins each side until charred but still pink inside. Rest for 5 mins.



6. Make salad

Meanwhile, stir the **spring onion**, **tomato**, **cucumber**, **parsley**, **dressing** and **half the watercress leaves** through the **burghul**. Drizzle the **beef** with any juices and serve with the salad and remaining watercress leaves.