



MARLEY SPOON



Spicy Beef with Spring Barley Salad

 20-30min  2 Portions

Spring is the perfect time to start enjoying main-course salads, especially ones that make you feel good and nourished. This tantalising salad features nutritious pearl barley, fiery spice-rubbed steak, in-season produce and a sweet, yet tangy dressing that complements all of its wonderful flavours.

What we send

- cherry tomatoes
- steak rub
- spring onion
- sherry vinegar
- Lebanese cucumber
- green peas
- mint
- grass-fed beef flank steak
- pearl barley ¹

What you'll require

- Dijon mustard ¹⁷
- honey
- olive oil
- salt and pepper

Utensils

- chargrill or frypan
- Colander
- medium saucepan

- Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

Slice across the width of the flank rather than the length. "Across the grain" means to cut across the fibres of the meat, rather than with them.

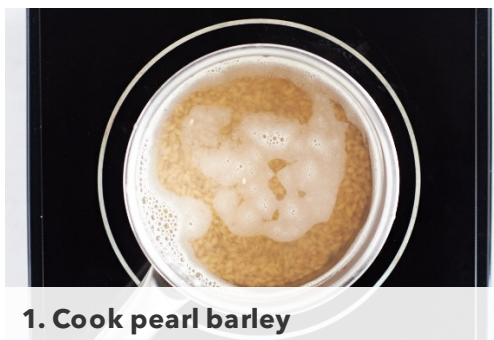
This makes the meat easier to chew!

Allergens

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

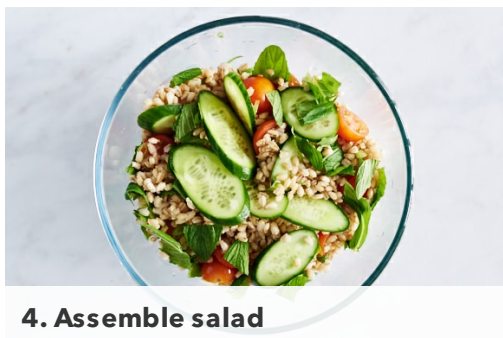
Nutrition per serving

Energy 615.0kcal, Fat 19.1g, Proteins 44.2g, Carbs 64.3g



1. Cook pearl barley

Bring a medium saucepan of water to the boil. Add the **pearl barley**, reduce to a simmer and cook for 20-25 mins until tender. Drain and set aside.



4. Assemble salad

Place the **tomatoes, cucumber, onion, mint, peas** and **barley** in a large bowl and toss to combine.



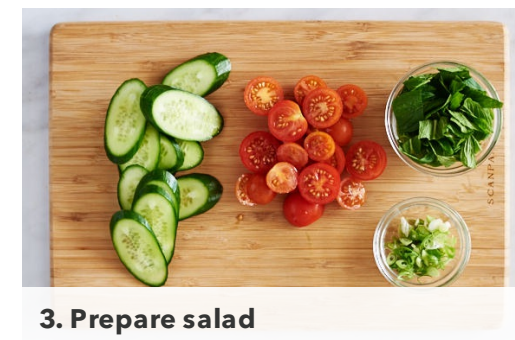
2. Season steaks

Meanwhile, add ½ tsp each of **salt and pepper** to 1 tsp **steak rub** to taste (caution, it's hot!). Rub over the **steaks** and set aside for 10 mins.



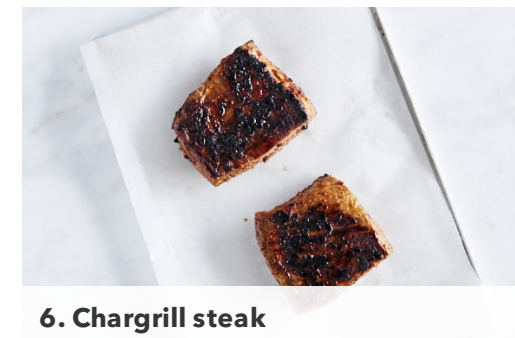
5. Make dressing

Whisk the **vinegar** with 1 tsp **Dijon mustard** and 1 tsp **honey** in a small bowl. Season with **salt and pepper**. Slowly whisk in 2 tbs **oil**. Add to salad and toss well.



3. Prepare salad

Halve or quarter the **cherry tomatoes**. Thinly slice the **cucumber** and **spring onion**. Pick the **mint** leaves (discard stems) and coarsely chop.



6. Chargrill steak

Heat a chargrill or frypan over medium-high heat. See cooking tip. Drizzle a little **oil** over the **steaks** and cook for 2-3 mins each side for medium. Rest for 5 mins before slicing. Serve with **salad**.