



Burghul Beef Salad

with Chimichurri Dressing

 20min  4 Portions

South American and Middle Eastern culinary traditions culminate in this super-quick dinner featuring stir-fried beef tossed in a spicy and tangy Argentinean herb dressing served over a tabbouleh-inspired salad. High in protein, rich in fibre, and packed with flavour, this global gem is sure to be a favourite.

What we send

- grass-fed beef stir-fry strips
- rocket
- Lebanese cucumbers
- parsley, coriander, garlic, shallot
- burghul ¹
- ground cumin
- chilli flakes

What you'll require

- boiling water
- olive oil
- sea salt and pepper
- white wine vinegar ¹⁷

Utensils

- large frypan

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

You can also finely chop the herbs and combine the chimichurri ingredients by hand, however, the dressing will not be as smooth.

Allergens

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

Nutrition per serving

Energy 510kcal, Fat 18.3g, Carbs 43.5g, Proteins 40.3g



1. Soak burghul

Put the **burghul** in a large heatproof bowl. Add the **boiling water** (see staples list) and **1 pinch of salt**. Stir to combine, then cover with a plate and stand for 5 mins. Fluff up the grains with a fork.



2. Prepare ingredients

While the burghul is soaking, crush or finely chop the **garlic**. Coarsely chop the **parsley** and **coriander**, including the stems.



3. Prepare chimichurri

Put the **parsley, coriander, garlic, cumin, chilli flakes, 2 tbs oil, the vinegar, salt and pepper** in a blender or small food processor and process until smooth (see cooking tip). Thin with **1 tbs water** to loosen dressing if desired.



4. Prepare salad

Peel and thinly slice the **shallot**. Coarsely chop the **cucumbers**.



5. Cook beef

Heat the **remaining oil, 1 tbs oil** in a large frypan over high heat. Season the **beef** with **salt and pepper**, and stir-fry in 2 batches for 2-3 mins until browned. Remove the pan from the heat, add **2 tbs chimichurri** and stir to combine.



6. Get ready to serve

Add the **remaining chimichurri, shallot, cucumber** and **rocket** to the burghul and toss to combine. Divide among plates and top with the beef and any pan juices to serve.