



Dukkah Beef Salad

with Zucchini, Capsicum and Croutons



20-30min



2 Portions

Inspired by dakos, the Greek equivalent to Italian panzanella or Middle Eastern fattoush, this bread salad traditionally includes dried rusks, tomatoes and crumbled local cheese. We've given it our own twist with warm zucchini, capsicum and crusty croutons, and added pan-fried beef coated in crunchy dukkah for a healthy, hearty meal.

What we send

- parsley, garlic
- grass-fed beef stir-fry strips
- sourdough bread roll ^{1,6,7}
- dukkah spice blend ^{1,11,15}
- zucchini
- red capsicum
- onion

What you'll require

- balsamic vinegar ¹⁷
- olive oil
- sea salt and pepper

Utensils

- baking paper
- large frypan
- oven tray

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

Allergens

Gluten (1), Soy (6), Milk (7), Sesame (11), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

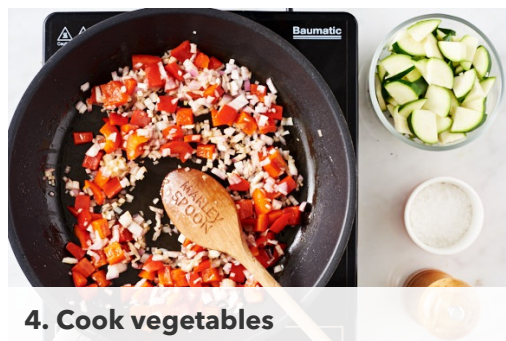
Nutrition per serving

Energy 515kcal, Fat 19.0g, Carbs 41.1g, Proteins 41.1g



1. Prepare ingredients

Preheat the oven to 220C. Put the **beef**, **half the dukkah** and **2 tsp olive oil** in a bowl. Season with **salt and pepper** and mix until coated. Set aside. Finely chop the **onion**. Quarter the **zucchini** lengthwise, then cut into 1cm-thick slices. Cut the **capsicum** into 2cm chunks, discarding the seeds and membrane.



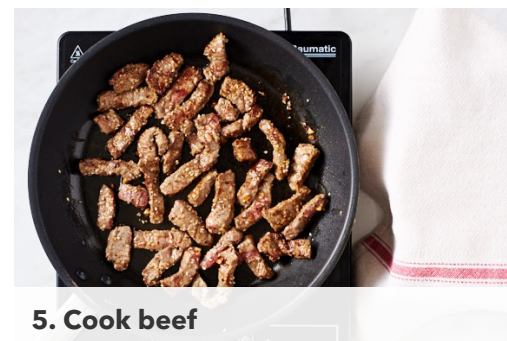
4. Cook vegetables

Heat **1 tbs olive oil** in a large frypan over medium-high heat. Stir-fry the **onion** and **capsicum** for 2 mins, then add the **zucchini** and cook for a further 2 mins or until the vegetables are tender. Season with **salt and pepper**, then transfer to a large bowl and keep warm.



2. Make cROUTONS

Line an oven tray with baking paper. Tear or cut the **bread** into 1cm cubes. Toss with **2 tsp olive oil**, then arrange in a single layer on the lined tray. Bake, tossing halfway through, for 6-8 mins until crisp and golden.



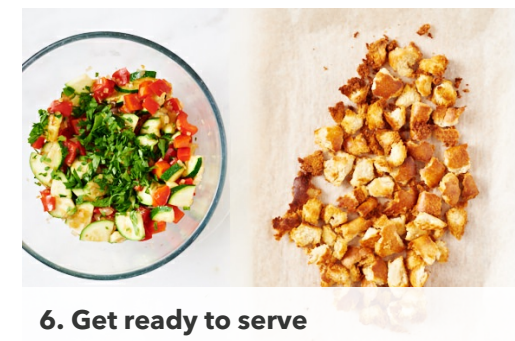
5. Cook beef

Add the **beef** to the pan in a single layer and cook for 1-2 mins each side until well browned. Remove from the pan and sprinkle with the **remaining dukkah**.



3. Prepare dressing

Meanwhile, crush or finely chop **half the garlic** (reserve remainder for another use). Put the garlic, **2 tsp olive oil** and **2 tsp balsamic vinegar** in a small bowl, season with **salt and pepper** and whisk to combine.



6. Get ready to serve

Meanwhile, coarsely chop the **parsley**, including the stems. Add to the bowl with the **vegetables** and toss to combine. Add the **dressing** and **cROUTONS** and toss to combine. Divide the **salad** and **beef** among plates to serve.