

MARLEY SPOON



Spiced Cumin Beef

with Carrot Hummus and Tomato Salad..



30-40min



2 Portions

Hummus doesn't have to mean chickpeas. This delicious remake stars carrot roasted with lemon zest and garlic in a chunky, hummus-like mash. Topped with beef flank steaks marinated in cumin, chargrilled, then thinly sliced, plus a fresh cucumber and tomato salad, this Middle Eastern-inspired meal proves healthy can be flavour-packed, too.

What we send

- lemon
- ground cumin
- garlic, parsley
- tomato
- carrots, cucumber
- grass-fed beef flank steak

What you'll require

- olive oil
- sea salt and pepper

Utensils

- baking paper
- oven tray
- potato masher

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

Cooking tip

It's important the pan is very hot before adding the beef, otherwise it may stew slightly and become tough. Slicing the beef against the grain also ensures a tender finish.

Allergens

May contain traces of allergenic ingredients.

Nutrition per serving

Energy 420kcal, Fat 21.9g, Carbs 15.2g, Proteins 34.8g



1. Prepare carrots

Preheat the oven to 200C. Line an oven tray with baking paper. Peel the **carrots**, then cut lengthwise into 1cm-thick sticks. Finely grate the zest of **half the lemon**, then juice the half (reserve remaining half for another use). Crush or finely chop the **garlic**.



2. Roast carrots

Put the **carrot** on the lined tray. Add the **lemon zest, garlic** and **2 tsp olive oil**, season with **salt and pepper** and toss to combine. Roast in a single layer for 20-25 mins until tender and golden.



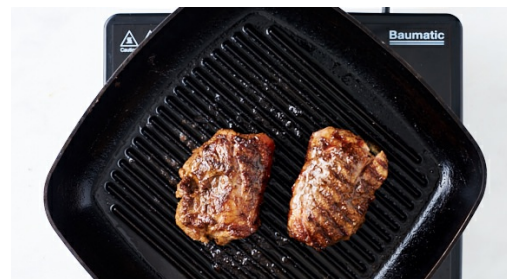
3. Prepare salad

Meanwhile, coarsely chop the **tomato** and **cucumber**. Finely chop the **parsley**, including the stems. Combine the tomato, cucumber, parsley, **1 tbs lemon juice** and **2 tsp olive oil** in a bowl.



4. Marinate beef

Combine the **cumin** and **2 tsp olive oil** in a bowl and season with **salt and pepper**. Add the **beef** and turn to coat.



5. Chargrill beef

Heat a chargrill pan or large frypan over high heat until very hot (see cooking tip). Cook the **beef** for 2-3 mins each side for medium-rare or until cooked to your liking. Transfer to a plate and rest for 3 mins.



6. Get ready to serve

Meanwhile, put the **roasted carrots** and **2 tsp olive oil** in a large bowl, season with **salt and pepper** and coarsely mash with a potato masher. Slice the **beef** across the grain. Divide the beef, **carrot hummus** and **salad** among plates to serve.