



## Herb and Mustard Steak

with Rocket and Peach Salad.



20-30min



2 Portions

The flavours of summer come together in this fast, fresh meal perfect for an Aussie Day celebration. It's also good for you, with grass-fed beef rump steaks topped with a herbaceous mix of parsley, chives and mustard, and a light mayo-dressed peach and rocket salad. It goes a treat with a crisp white wine if you're indulging a little, too.

## What we send

- grass-fed beef rump steak
- chives, parsley
- Peach
- rocket
- aioli mayonnaise<sup>3</sup>
- sunflower seeds

## What you'll require

- Dijon mustard<sup>17</sup>
- olive oil
- sea salt and pepper
- water
- white wine vinegar<sup>17</sup>

## Utensils

- medium frypan

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

### Cooking tip

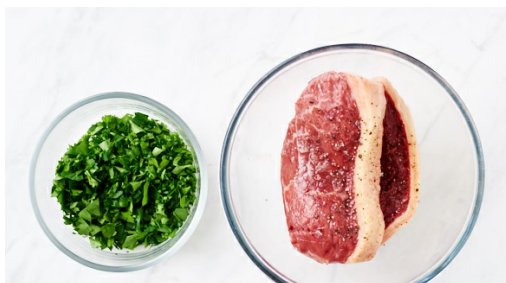
Make sure the pan is very hot before adding the beef, otherwise it may stew slightly and become tough.

### Allergens

Egg (3), Sulphites (17). May contain traces of other allergens.

### Nutrition per serving

Energy 485kcal, Fat 31.9g, Carbs 12.3g, Proteins 36.6g



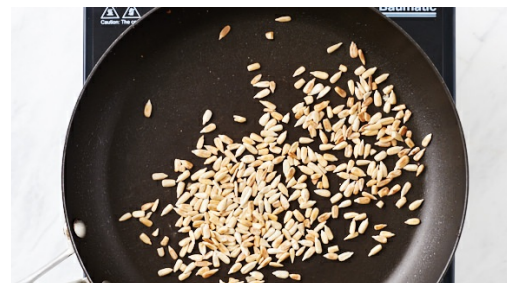
### 1. Prepare ingredients

Finely chop the **chives**. Coarsely chop the **parsley** leaves, discarding the stems. Combine the herbs in a small bowl. Combine the **steaks** and \_\_ 2 tsp olive oil \_\_ in a separate bowl and season with **salt and pepper**.



### 4. Put the \_\_sunflower seeds

Put the **sunflower seeds** in a cold medium frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove the sunflower seeds from the pan. Reserve the pan.



### 2. Slice peach

Cut the **peach** in half, discard the stone, then thinly slice. Put the peach and **2 tsp white wine vinegar** in a bowl and toss to combine.



### 3. Cook steaks

Heat the frypan over high heat until hot (see cooking tip), then cook the **beef** for 2 mins each side for medium-rare or until cooked to your liking. Transfer to a plate. Spread one side with **1 tsp Dijon mustard** per steak and top with **half the herbs**. Rest for 5 mins.



### 5. Make dressing

Meanwhile, put **half the mayonnaise** (reserve remainder for another use), **1 tbs white wine vinegar** and **1 tsp water** in a small jug, season with .



### 6. Get ready to serve

Put the **rocket, peach slices, sunflower seeds** and **dressing** in a bowl, season with **salt and pepper** and toss to combine. Divide the salad and **steaks** among plates to serve.