



Herb and Mustard Steak

with Rocket and Peach Salad.



20-30min



4 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

- peach
- aioli mayonnaise³
- sunflower seeds
- grass-fed beef rump steak
- chives, parsley
- rocket

What you'll require

- Dijon mustard¹⁷
- olive oil
- sea salt and pepper
- water
- white wine vinegar¹⁷

Utensils

- large 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. ~ Starting with a cold pan ensures the nuts and seeds toast evenly and prevents burning.

Allergens

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

Nutrition per serving

Energy 465kcal, Fat 30.4g, Carbs 10.5g, Proteins 36.5g



1. Prepare ingredients

Combine the **steaks** and **1 tbs olive oil** in a bowl, season with __ salt and pepper. **and turn to coat. Coarsely chop the __parsley** leaves, discarding the stems.



2. Toast sunflower seeds

Put the **sunflower seeds** and **walnuts** in a cold medium frypan over medium heat (see cooking tip). Toast, tossing, for 3-4 mins until evenly golden. Remove from the pan to cool. Reserve the pan.



3. Cook steaks

Cut the **peaches** in half, discard the stones, then thinly slice. Put the peach and **1 tbs white wine vinegar** in a bowl and toss to combine.



4. Slice peaches

Heat the reserved pan over high heat (see cooking tip). Reduce the heat to medium-high and cook the **beef** for 3 mins each side for medium-rare or until cooked to your liking. Transfer to a plate. Spread one side of each steak with __ 1 tsp Dijon mustard__ and top with **half the parsley**. Rest for 5 mins.



5. Make dressing

Meanwhile, put the **mayonnaise, 2 tbs white wine vinegar** and **2 tsp water** in a small jug, season with **salt and pepper** and whisk with a fork to combine. Stir in the **remaining parsley**.



6. Get ready to serve

Put the **rocket, peach slices, sunflower seeds, walnuts** and **dressing** in a large bowl, season with **salt and pepper** an.