

MARLEY SPOON



Dukkah-Crusted Beef Steak

with Warm Pumpkin and Rocket Salad



20-30min



2 Portions

Dukkah, an Egyptian herb, spice and seed blend, makes a fantastic meat rub, instantly adding flavour and creating a delicious crust. Here, dukkah beef is teamed with a vibrant salad bursting with colour, tossed with through risoni for a satisfying dinner.

What we send

- 1,11,15
- 150g risoni pasta ¹

* The remainder of this ingredient won't be used in this recipe.

What you'll require

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

Utensils

- colander
- large frypan with lid
- medium saucepan

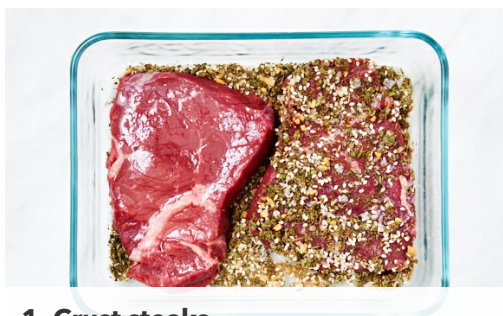
Our vegies come fresh from the farm, so please wash them before use.

Allergens

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

Nutrition per serving

Energy 720kcal, Fat 24.9g, Carbs 72.7g, Proteins 46.9g



1. Crust steaks

Read through the recipe. Bring a medium saucepan of salted water to the boil for the risoni. Crush or finely chop the **garlic**. Combine garlic, **dukkah** and **half the dried mint**** in a shallow dish and season with **salt and pepper**. Drizzle or rub the **steaks** with **2 tsp olive oil**, then press both sides into the **dukkah mixture** to form a crust.



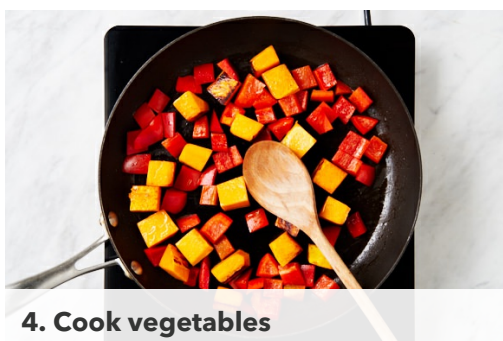
2. Cook risoni

Cook the **risoni** in the pan of boiling water for 8-9 mins until al dente. Drain.



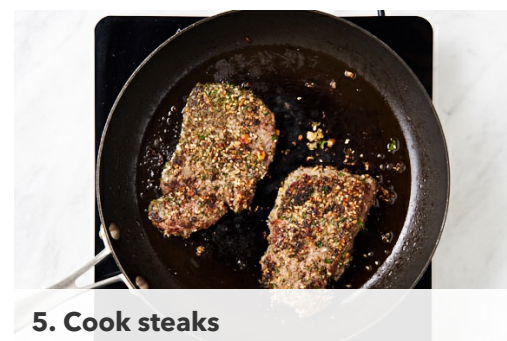
3. Prepare vegetables

Peel the **pumpkin** and cut into 2cm chunks. Meanwhile, cut the **capsicum** into 2cm chunks, discarding the seeds and membrane.



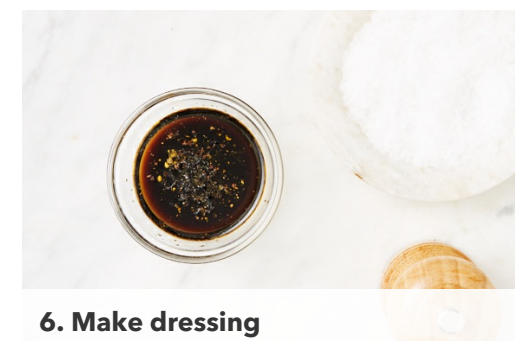
4. Cook vegetables

Heat **2 tsp olive oil** in a large frypan over medium-high heat. Cook the **pumpkin**, covered, for 5 mins (see cooking tip), stirring occasionally. Add the **capsicum** and cook for 3-4 mins until the pumpkin and capsicum are tender. Season with **salt and pepper**, then transfer to a large bowl and keep warm.



5. Cook steaks

Heat the pan over high heat until hot (see cooking tip). Reduce the heat to medium-high and cook the **steaks** for 3-4 mins each side for medium-rare or until cooked to your liking. Remove from the pan and rest for 3 mins.



6. Make dressing

Meanwhile, combine **1 tbs extra virgin olive oil** and **2 tsp balsamic vinegar** in a bowl and season with **salt and pepper**. Add the **dressing**, **risoni** and **rocket** to the **pumpkin mixture** and toss to combine. Divide the **salad** and **steaks** among plates to serve.