



## Dukkah-Crusted Beef Steak

with Warm Pumpkin and Rocket Salad



20-30min



4 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
- 300g risoni pasta <sup>1</sup>

## What you'll require

- balsamic vinegar <sup>17</sup>
- extra virgin olive oil
- olive oil
- sea salt and pepper

## Utensils

- colander
- large frypan with lid
- large 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.

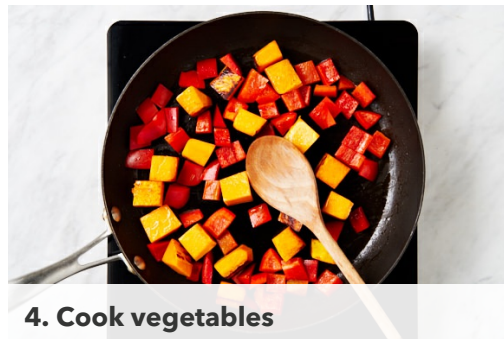
## Nutrition per serving

Energy 695kcal, Fat 24.7g, Carbs 69.3g, Proteins 45.7g



1. Crust steaks

**Read through the recipe.** Bring a large saucepan of salted water to the boil for the risoni. Crush or finely chop the **garlic**. Combine the garlic, **dukkah** and **dried mint** in a shallow dish and season with **salt and pepper**. Drizzle or rub the **steaks** with **1 tbs olive oil**, then press both sides into the **dukkah mixture** to form a crust.



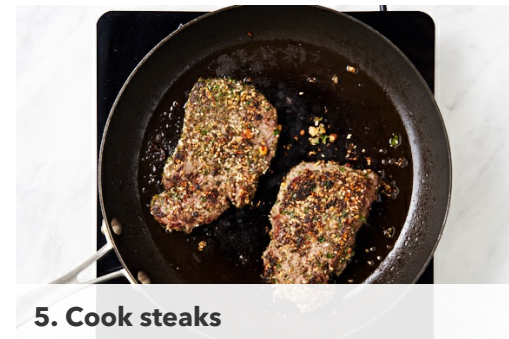
4. Cook vegetables

Heat **1 tbs 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.



2. Cook risoni

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



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.



3. Prepare vegetables

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



6. Make dressing

Meanwhile, combine **2 tbs extra virgin olive oil** and **1 tbs 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.