



## Speedy Grilled Rump Steak

with Green Beans and Feta Dressing



20-30min



2 Portions

Sometimes we want the ease and familiarity of a traditional meat and vege dinner and here, Steak Night just got a whole lot more interesting. While staying with the basics of a properly cooked piece of rump, you up the flavour ante with a quick marinade, then whisk together a zesty dressing using lemon, sesame seeds and feta for drizzling over at the end.

## What we send

- chermoula spice blend <sup>17</sup>
- sesame seed blend <sup>11</sup>
- green beans
- feta <sup>7</sup>
- 2 beef rump steaks
- lemon
- carrot

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

## What you'll require

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

## Utensils

- fine grater
- medium frypan
- medium saucepan with lid

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

## Cooking tip

If not everyone likes spice, heat can be avoided by leaving some steak unmarinated. Instead, pan-fry in olive oil. ~It's important the pan is hot before adding the beef, otherwise it may stew.

## Allergens

Milk (7), Sesame (11), Sulphites (17). May contain traces of other allergens.

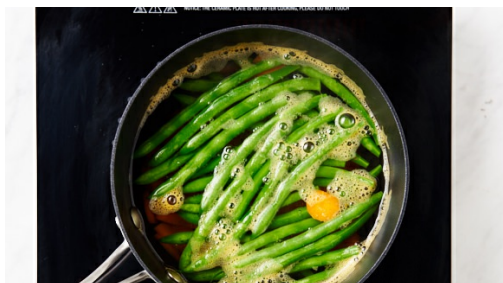
## Nutrition per serving

Energy 475kcal, Fat 28.8g, Carbs 9.8g, Proteins 38.1g



### 1. Prepare vegetables

**Read through the recipe.** Bring a medium saucepan of salted water to the boil for the vegetables. Halve the **carrots** lengthways and thinly slice. Trim the **beans**. Finely grate **½ tsp lemon zest**, then cut **half the lemon\*\*** into wedges.



### 4. Cook vegetables

Meanwhile, add the **carrots** to the pan of boiling water and cook for 1 min. Add the **beans** and cook for 3 mins or until tender. Drain.



### 2. Marinate steaks

Combine **1 tsp chermoula spice blend\*\*** (see cooking tip) and **1 tbs olive oil** in a shallow dish and season with **salt and pepper**. Add the **steaks** and turn to coat.



### 5. Make dressing

While the vegetables are cooking, whisk the **sesame seeds, lemon zest, 2 tsp white wine vinegar** and **1 tbs extra virgin olive oil** in a bowl. Season with **salt and pepper**. Crumble in the **feta** and gently stir to combine.



### 3. Cook steaks

Heat a medium frypan over high heat (see cooking tip). Reduce the heat to medium-high and cook the **steaks** for 2 mins each side, for medium rare, or until cooked to your liking. Transfer to a plate and rest for 5 mins.



### 6. Get ready to serve

Slice the **steaks** against the grain. Divide the **steak** and **vegetables** among plates. Spoon over the **dressing** and serve with the **lemon wedges**.