



Speedy Grilled Rump Steak

with Green Beans and Feta Dressing



20-30min



4 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

- sesame seed blend ¹¹
- feta ⁷
- carrot
- chermoula spice blend ¹⁷
- 4 beef rump steaks
- lemon
- green beans

What you'll require

- extra virgin olive oil
- olive oil
- sea salt and pepper
- white wine vinegar ¹⁷

Utensils

- fine grater
- large frypan
- large 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.

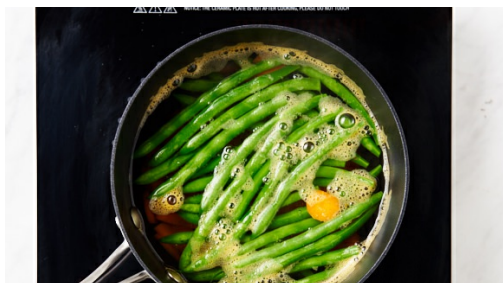
Nutrition per serving

Energy 465kcal, Fat 28.7g, Carbs 9.3g, Proteins 37.9g



1. Prepare vegetables

Read through the recipe. Bring a large saucepan of salted water to the boil for the vegetables. Halve the **carrots** lengthways and thinly slice. Trim the **beans**. Finely grate **1 tsp lemon zest**, then cut 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 the **chermoula spice blend** (see cooking tip) and **2 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, 1 tbs white wine vinegar** and **2 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 large 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**.