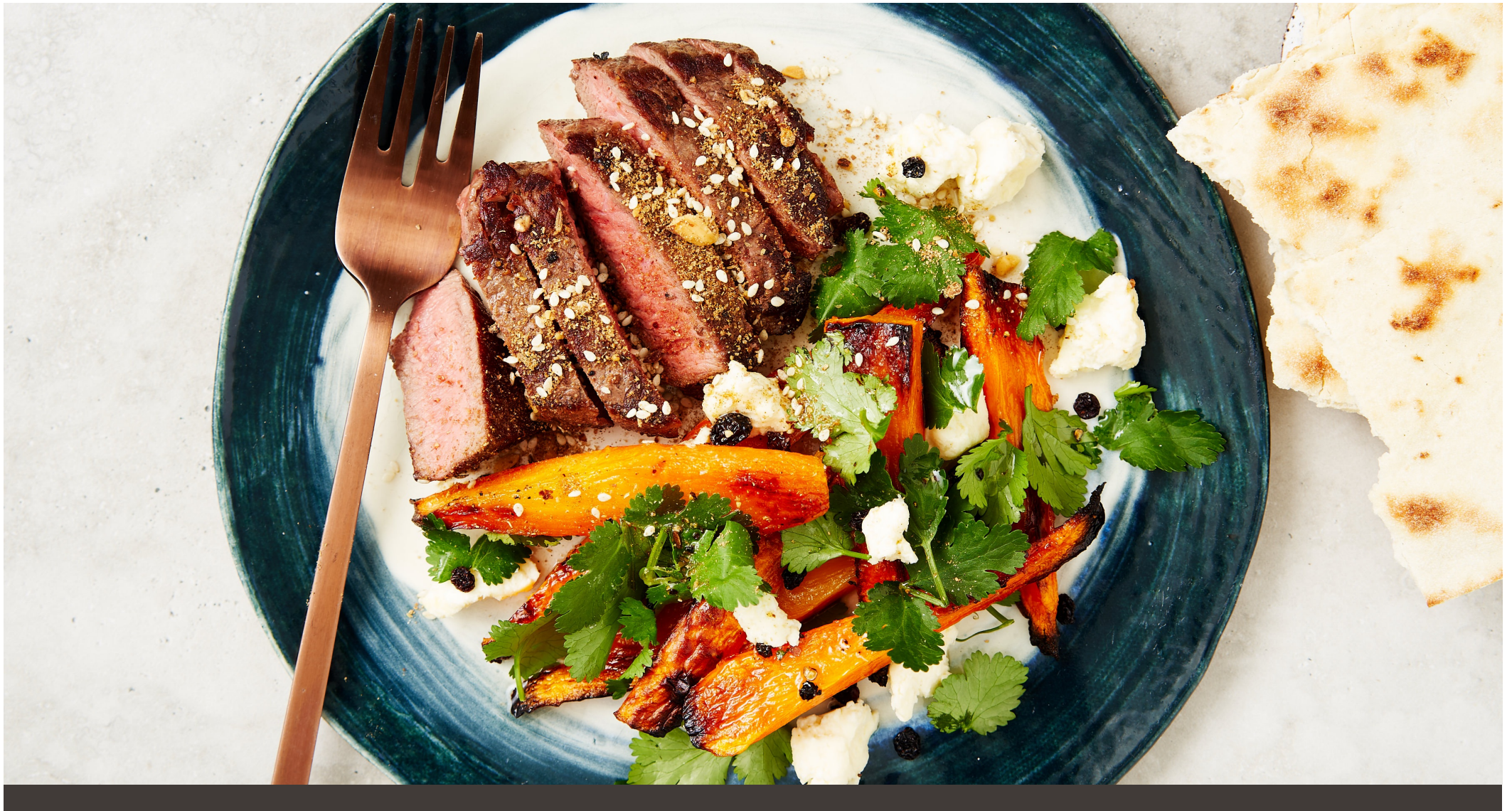


MARLEY SPOON



Pan-Seared Rump Steak

with Roasted Carrot and Feta Salad



20-30min



4 Portions

Israeli, Moroccan and Egyptian cooking influences culminate in this quick and easy dinner. Roasted carrots are drizzled with a honeyed garlic vinaigrette and served with medium-rare beef spiced with dukkah, an aromatic herb, nut and spice blend. Eat as a salad with flatbread or roll it all up into a wrap and enjoy!

What we send

- coriander, garlic
- Greek pita breads ^{1,6}
- beef rump steak
- dukkah spice blend ^{1,11,15}
- carrot
- dried currants
- feta ⁷

What you'll require

- Australian honey
- olive oil
- sea salt and pepper
- white wine vinegar ¹⁷

Utensils

- baking paper
- oven tray
- paper towel

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

Cooking tip

It's important to have your pan hot before adding the beef, otherwise it may stew slightly and become tough. To ensure tender beef, it's also important to slice the steak against the grain.

Allergens

Gluten (1), Soy (6), Milk (7), Sesame (11), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

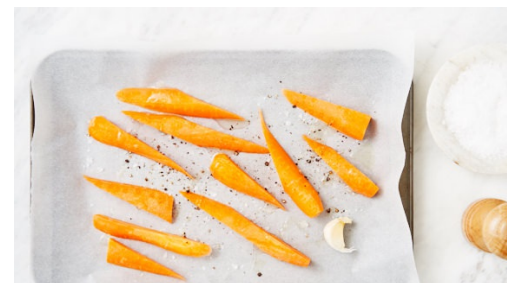
Nutrition per serving

Energy 750kcal, Fat 35.1g, Carbs 59.3g, Proteins 45.0g



1. Prepare carrots

Preheat the oven to 220C. Line an oven tray with baking paper. Halve the **carrots** lengthwise, then cut in half, widthwise, on the diagonal.



2. Roast carrots

Put the **carrots** and unpeeled **garlic** on the lined tray. Drizzle with **1 tbs olive oil**, season with **salt and pepper**, and toss to coat. Roast in the oven for 20 mins or until tender.



3. Cook beef

After the carrots have been roasting for 10 mins, heat a large frypan over high heat (see cooking tip). Drizzle the beef with **1 tbs olive oil** and season well with **salt and pepper**. Reduce the heat to medium-high and cook the **beef** for 2-3 mins each side for medium-rare or until cooked to your liking. Remove from the pan and rest for 3 mins.



4. Warm bread

Wipe the pan clean with paper towel. Heat pan over medium-high heat. Lightly brush **4 pita breads** with **1 tbs olive oil** (the remaining bread won't be used in this dish). Put the bread, one at a time, in the pan and warm for 20-30 secs each side until softened. Remove from the pan and cover with a clean tea towel to keep warm.



5. Make dressing

Squeeze the cooled **garlic** from the skins and mash with a fork. Using the fork, whisk together the garlic, **2 tbs olive oil**, **1 tbs white wine vinegar** and **1 tsp honey**. Season with **salt and pepper**.



6. Get ready to serve

Pick the **coriander** sprigs. Thickly slice the **beef**. Divide the **beef** and **carrots** among plates. Scatter the **currants** and **coriander** over the carrots, then crumble over the **feta**. Drizzle with the **dressing** and scatter over the **dukkah**. Serve with the warmed **pita bread**.