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Herbed Rump Steak

with Sicilian-Style Tomato Salad



20-30min



2 Portions

Here's a healthy dish that leans on the Southern Italian sweet-and-sour flavour combo called agrodolce. Vinegar, garlic, a dash of sugar and dried currants amp up the flavour of red onion and tomatoes. Beef steak, some simply-cooked potatoes and a smattering of toasted seeds complete the sunny picture. This recipe is also suited to cooking in the Kenwood Multi Smart thermo cooker, using the ap...

What we send

- parsley, garlic
- red onion
- beef rump steak
- dried Italian herbs ¹⁷
- tomato
- dried currants
- sunflower seeds
- potato

What you'll require

- olive oil
- red wine vinegar ¹⁷
- sea salt and pepper
- sugar

Utensils

- medium frypan
- medium saucepan

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

Cooking tip

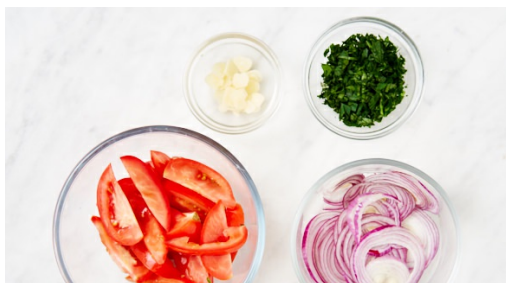
If you prefer less raw garlic, just use half the clove in the salad dressing.

Allergens

Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 570kcal, Fat 23.3g, Carbs 42.5g, Proteins 41.7g



1. Prepare ingredients

Thinly slice the **onion** and **garlic**. Finely chop the **parsley**, including the stems. Cut the **tomatoes** into thin wedges.



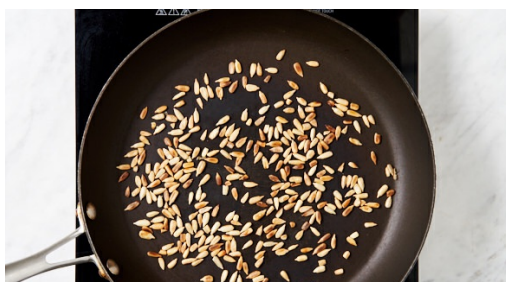
2. Make dressing

Put **2 tbs red wine vinegar** and **1 tsp sugar** in a medium frypan. Stir over high heat for 1 min, or until the sugar dissolves. Put the **currants, garlic** and **onion** in a bowl (see cooking tip). Add the **vinegar mixture**, reserving the pan, and stir to coat. Set aside.



3. Cook potatoes

Meanwhile, cut the unpeeled **potatoes** into 2cm pieces. Put in a medium saucepan of cold water, bring to the boil and cook for 12 mins or until tender. Drain well then return to the pan. Season with **salt and pepper** and cover to keep warm.



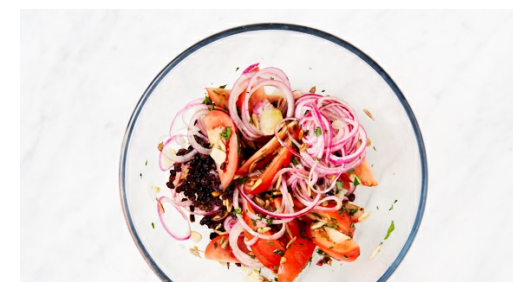
4. Toast seeds

Meanwhile, wipe the frypan clean. Add the **sunflower seeds** to the pan and cook over medium heat, tossing the pan, for 2-3 mins until light golden. Add to the **onion mixture** and season to taste with **salt and pepper**. Reserve the pan.



5. Cook steak


Put the **steaks, 1 tsp Italian herbs** and **2 tsp olive oil** in a shallow bowl (the remaining Italian herbs won't be used in this dish). Season with **salt and pepper**. Turn to coat. Heat the reserved frypan over medium-high heat. Cook the **steaks** for 2-3 mins each side for medium rare, or until cooked to your liking. Remove from the pan and rest for 5 mins.



6. Get ready to serve

Add the **tomato, parsley** and **2 tsp olive oil** to the onion mixture. Season with **salt and pepper** and toss to combine. Drizzle the **potatoes** with **2 tsp olive oil** then divide the potatoes and **tomato salad** among plates. Slice the **steaks** against the grain then divide among plates. Drizzle over any **dressing** remaining in the bowl to serve.

Customer Service: **02 6145 2910** Email: contact@marleyspoon.com.au

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Australian ingredients