



FAST

Warm Dukkah Beef Salad

with Zucchini, Capsicum and Freekeh



20-30min



2 Portions

For a truly satisfying salad dinner try this bumper warm beef and grain bowl. While nutty freekeh cooks, flash zucchini, capsicum and red onion in a hot pan, followed by quick-cooking beef in flavoursome dukkah spices. Add a balsamic dressing and fresh parsley, toss, and enjoy.

What we send

- 1,11,15
- 1
- parsley
- 1 garlic clove

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

What you'll require

- balsamic vinegar ¹⁷
- extra virgin olive oil
- olive oil
- sea salt and pepper
- water

Utensils

- large frypan
- medium saucepan
- sieve

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

Cooking tip

Garlic used raw needs to be finely minced. Adding a little salt to the garlic on the chopping board helps. ~The beef stir-fry is best with hot and fast cooking, so get your pan very hot before adding

Allergens

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

Nutrition per serving

Energy 670kcal, Fat 28.5g, Carbs 52.4g, Proteins 51.5g



1. Cook freekeh

Rinse the **freekeh** well, then put in a medium saucepan with **1L (4 cups) water** and bring to the boil. Reduce the heat to medium and cook, partially covered, for 15-18 mins until tender. Drain.



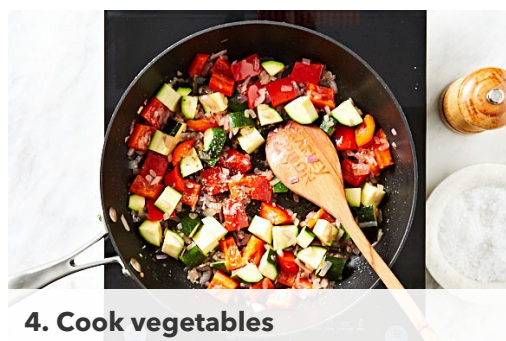
2. Prepare ingredients

Meanwhile, combine **half the dukkah** and **2 tsp olive oil** in a large bowl. Separate the **beef stir-fry** and add to the **dukka mixture**, season with **salt and pepper** and toss to coat. Finely chop the **onion**. Quarter the **zucchini** lengthwise, then slice. Cut the **capsicum** into 2cm chunks, discarding the seeds and membrane.



3. Make dressing

Chop **half the garlic****, then press with the flat side of a knife to finely mince (see cooking tip). Combine the garlic, **1 tbs extra virgin olive oil**, **2 tsp balsamic vinegar** and **salt and pepper** in a bowl.



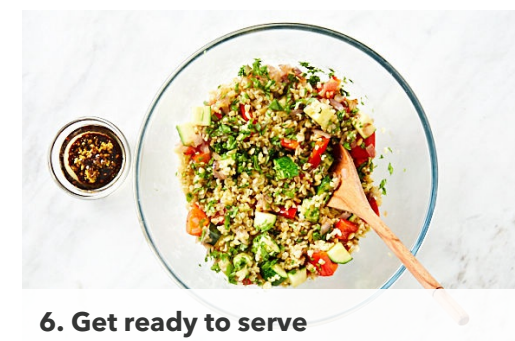
4. Cook vegetables

Heat **1 tbs olive oil** in a large frypan over medium-high heat. Add the **onion** and **capsicum**, season with **salt and pepper** and cook for 2 mins or until starting to soften. Add the **zucchini** and cook for a further 2 mins or until the vegetables are tender. Transfer to a large bowl.



5. Cook beef

Heat the pan over high heat until hot (see cooking tip). Cook the **beef** for 1-2 mins until browned. Stir in the **remaining dukkah**, then remove from the pan.



6. Get ready to serve

Finely chop the **parsley**, including the stems. Add the parsley, **freekeh** and **dressing** to the **vegetables** and stir until well combined. Divide the **freekeh mixture** and **beef** among bowls to serve.