



## Warm Dukkah Beef Salad

with Zucchini, Capsicum and Freekeh



20-30min



4 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
- 1,11,15
- parsley
- 2 garlic cloves

## What you'll require

- balsamic vinegar <sup>17</sup>
- 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 630kcal, Fat 23.9g, Carbs 52.5g, Proteins 51.5g



**1. Cook freekeh**

Rinse the **freekeh** well, then put in a large saucepan with **2L (8 cups) water** and bring to the boil. Reduce the heat to medium and cook, partially covered, for 15-18 mins until tender. Drain.



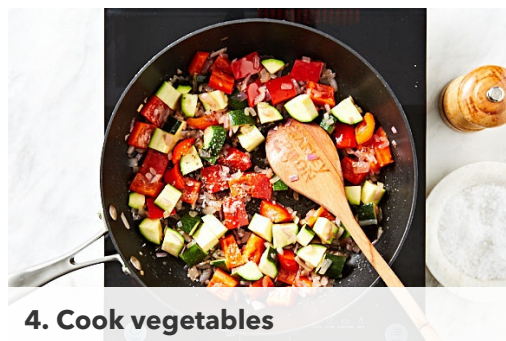
**2. Prepare ingredients**

Meanwhile, combine **half the dukkah** and **1 tbs 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 **capsicums** into 2cm chunks, discarding the seeds and membrane.



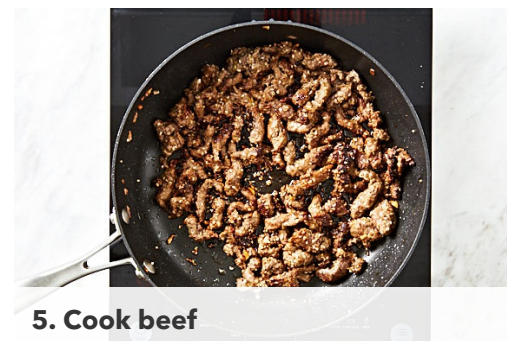
**3. Make dressing**

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



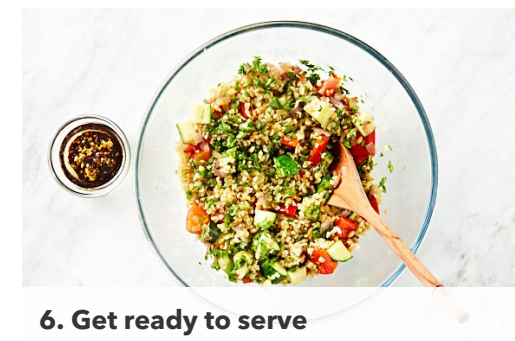
**4. Cook vegetables**

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**, in two batches, for 1-2 mins until browned. Return all of the beef to the pan, 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.