



## Beef and Chickpea Salad

with Chimichurri Dressing



20-30min



4 Portions

Beef and chimichurri, an uncooked sauce with predominant flavours of garlic, parsley and lemon, were made for each other. Throw in juicy tomato, crisp cucumber, earthy chickpeas and slices of spring onion and you've got a delicious and easy dinner on your hands.

## What we send

- 17
- coriander
- parsley
- 2 spring onions

## What you'll require

- extra virgin olive oil
- olive oil
- red wine vinegar <sup>17</sup>
- sea salt and pepper

## Utensils

- large frypan

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

## Cooking tip

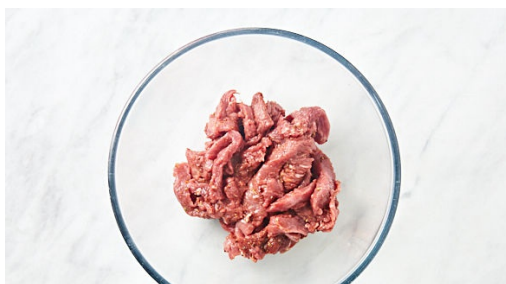
For the best results, sear the beef quickly over piping hot heat. Get your pan very hot prior to adding the beef, then stick to the short cooking time indicated.

## Allergens

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

## Nutrition per serving

Energy 590kcal, Fat 28.2g, Carbs 30.7g, Proteins 45.6g



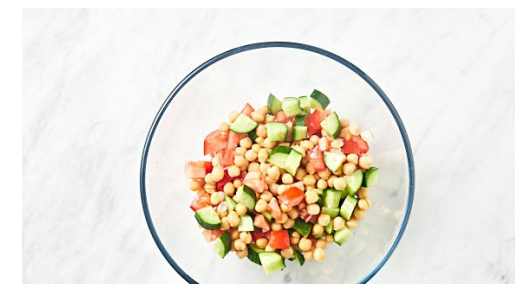
### 1. Marinate beef

Separate the **beef stir-fry** strips. Put **1 tbs olive oil** and **2 tsp of the chimichurri** in a large bowl, season with **salt and pepper** and stir to combine. Add the beef and turn to coat.



### 2. Prepare ingredients

Rinse and drain the **chickpeas**. Pick the **parsley** and **coriander leaves**, discarding the stems. Reserve half the herbs for the salad, then finely chop the remainder.



### 3. Make salad

Quarter the **cucumbers** lengthwise then cut into 1cm chunks. Cut the **tomatoes** into 1cm chunks. Trim the **spring onions** and thinly slice. Put the **chickpeas**, tomato and cucumber in a large bowl.



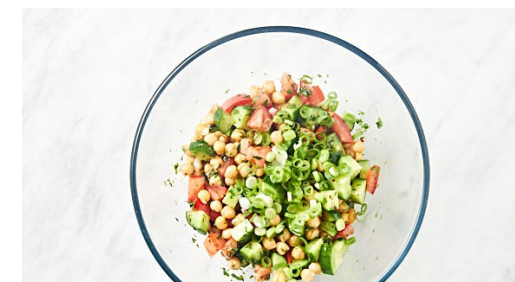
### 4. Make chimichurri dressing

In a small bowl, combine **2 tbs red wine vinegar**, **60ml (1/4 cup) extra virgin olive oil**, the **remaining chimichurri** and the **chopped herbs**. Season with **salt and pepper**.



### 5. Cook beef

Heat a large frypan over high heat (see cooking tip). Stir-fry the **beef**, in two batches for 2-3 mins until browned and just cooked through.



### 6. Get ready to serve

Add the **dressing** and **reserved herbs** to the **salad** and toss to combine. Divide the **salad** and **beef** among bowls then drizzle over any **pan juices** to serve.