

DINNERLY



⚡ FAST

🍏 HEALTHY

Spanish Beef Salad with Chickpeas and Capsicum



20 minutes



4 Servings

Beef up your salad game in three easy steps. Pan-fry Spanish-spiced beef and chickpeas, make a punchy dressing, then toss to combine with sweet, juicy tomatoes.

WHAT WE SEND

- 400g chickpeas
- 1 capsicum
- 2 tomatoes
- beef stir-fry
- 10g Spanish spice blend ¹⁷
- 150g baby spinach leaves

WHAT YOU NEED

- garlic clove
- Australian honey
- olive oil
- sea salt and pepper

TOOLS

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

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

NUTRITION PER SERVING

Energy 470kcal, Fat 19.5g, Carbs 19.6g, Proteins 49.2g



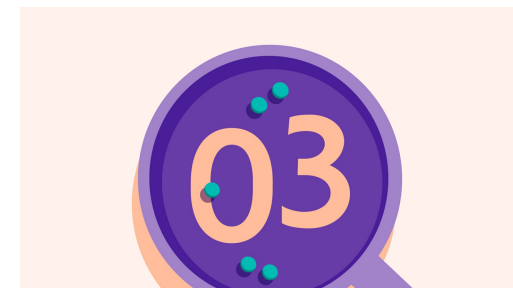
1. Prep ingredients

Crush or finely chop 2 **garlic cloves**. Cut the **capsicum** into 2cm chunks, discarding the seeds and membrane. Drain and rinse the **chickpeas**. Cut the **tomatoes** into 1-2cm chunks.



2. Make dressing

Put 1 **tsp Spanish seasoning**, 2 **tbs red wine vinegar**, 2 **tbs olive oil** and 2 **tsp honey** in a large bowl. Season with **salt and pepper** and stir to combine.



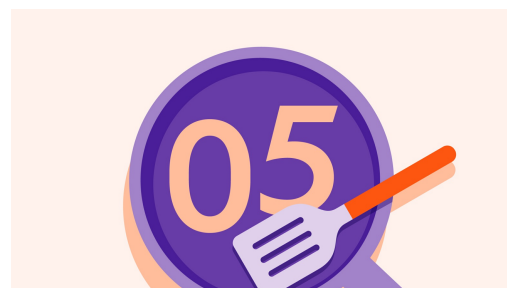
3. Marinate beef

Combine the **garlic**, 3 **tsp Spanish seasoning** (any remaining seasoning won't be used in this dish) and 1 **tbs olive oil** in a large bowl and season with **salt and pepper**. Add the **beef** and **chickpeas** and stir to coat.



4. Cook beef and chickpeas

Heat a large deep frypan over high heat. Cook the **beef**, **chickpeas** and **capsicum**, stirring occasionally, for 4 mins or until the beef is cooked through and browned. Remove the pan from the heat.



5. Serve up

Add the **spinach**, **tomato** and **beef and chickpea mixture** to the **dressing** in the bowl and toss to combine. Taste, then season with **salt and pepper**. Divide the **salad** among bowls and enjoy.



6. Make it yours

Boost the heat in this salad with some chopped seeded chilli, then cool it down with a dollop of yoghurt.