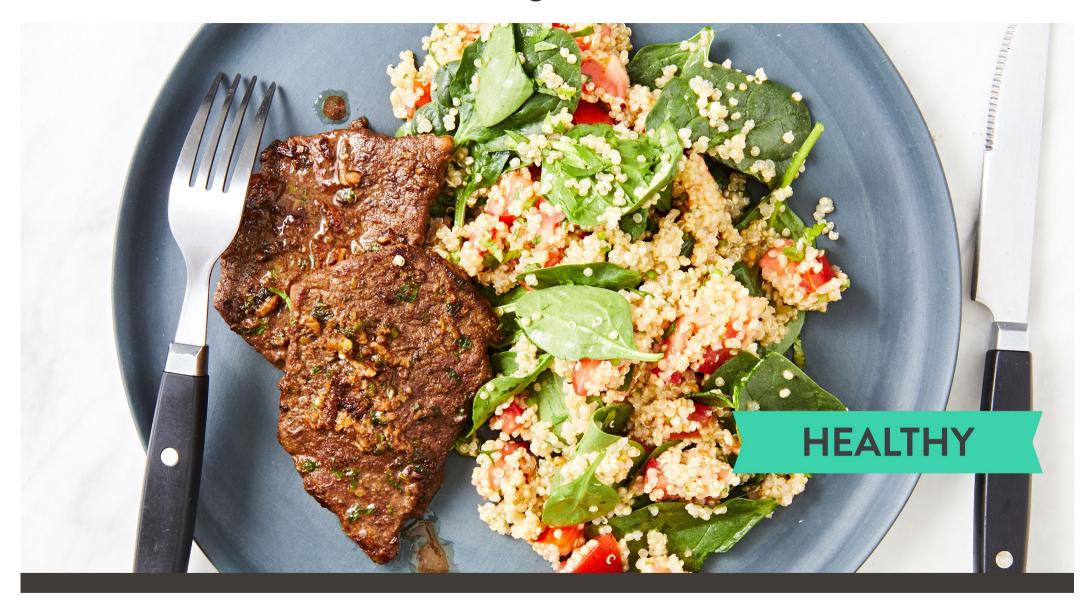
# MARLEY SPOON



# **Peruvian Beef Steaks**

with Spinach, Quinoa and Tomato



20-30min 4 Portions

If minimum effort for maximum flavour sounds like a winning formula, here's your dish. The beef steaks cook in a literal flash, while the salad is as easy as boiling quinoa, whipping up a lemon dressing, chopping tomatoes then tossing everything together in a bowl with baby spinach leaves. Simple!

#### What we send

#### . What you'll require

- Australian honey
- olive oil
- sea salt and pepper

#### Utensils

- fine grater
- large frypan
- · medium saucepan with lid
- sieve

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

#### Allergens

May contain traces of allergenic ingredients.

#### **Nutrition per serving**

Energy 560kcal, Fat 21.3g, Carbs 40.9g, Proteins 46.6g



### 1. Prepare ingredients

Crush or finely chop the **garlic**. Finely chop the **parsley** leaves and stems. Finely grate the **lemon zest**, then juice.



## 2. Cook quinoa

Bring a medium saucepan of water to the boil for the quinoa. Put the **quinoa** in a sieve, rinse well then drain (see cooking tip). Add the quinoa to the pan, return to the boil and cook for 12 mins or until tender. Drain then set aside.



#### 3. Marinate beef

Combine the **lemon zest**, **half the parsley**, **garlic**, **1 tbs olive oil**, **1 tbs ground cumin** (the remaining cumin won't be used in this dish) and **salt and pepper** in a dish. Add the **steaks** and rub all over with the mixture, then set aside.



4. Start salad

Put 2 tbs lemon juice, 2 tbs olive oil, 2 tsp honey and salt and pepper in a large bowl and whisk to combine. Finely chop the tomatoes then add to the dressing.



5. Cook beef

Heat a large frypan over high heat until hot. Reduce the heat to medium-high and cook the **steaks** for 3-4 mins each side for medium-rare or until cooked to your liking. Transfer to a plate and rest for 4 mins.



6. Get ready to serve

Add the **spinach**, **quinoa** and **remaining parsley** to the dressing. Toss to combine. Divide the **quinoa salad** and **steaks** among plates. Drizzle with any **resting juices** to serve.