



HEALTHY

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.