

# MARLEY SPOON



## Chargrilled Rump Steak

with Crunchy Capsicum Bread Salad



20-30min



2 Portions

Light, quick, easy AND beefy... what's not to love about this vibrant, warm-weather salad? Perfect for a balmy evening, you could even cook the meat on the barbie if that made life easier. Simply get everything else cooked and ready to go, as per the recipe steps, then grill your steak outside, and while it rests, toss the salad in the dressing.

## What we send

- 1,6

## What you'll require

- Dijon mustard <sup>17</sup>
- olive oil
- olive oil spray
- red wine vinegar <sup>17</sup>
- sea salt and pepper

## Utensils

- baking paper
- large frypan
- oven tray

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

## Cooking tip

It's important to have your pan very hot before adding the beef, or it may stew slightly and become tough. ~To ensure tender beef, it's also important to slice the steak against the grain.

## Allergens

Gluten (1), Soy (6), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 520kcal, Fat 25.2g, Carbs 31.6g, Proteins 38.8g



### 1. Toast bread

Heat the oven to 200C. Line an oven tray with baking paper. Cut the **bread** into 2cm chunks, put on the lined tray and spray with **oil** (or drizzle bread lightly with **2 tsp olive oil** and toss to coat). Bake, shaking the tray occasionally, for 5-6 mins until golden and crisp.



### 2. Prepare dressing

Meanwhile, crush or finely chop **half the garlic** (the remaining garlic won't be used in this dish). Coarsely chop the **capers**. Put the **garlic, 1 tsp Dijon mustard, 1 tbs red wine vinegar** and **1½ tbs extra virgin olive oil** in a large bowl and whisk to combine. Add the capers and season to taste with **salt and pepper**.



### 3. Prepare vegetables

Cut the **onion** into thin wedges. Cut the **capsicum** into 2cm chunks, discarding the seeds and membrane. Put in a large bowl with **2 tsp extra virgin olive oil**. Season with **salt and pepper** and toss to coat.



### 4. Cook vegetables

Heat a large frypan over medium-high heat. Cook the **capsicum** and **onion**, in batches if necessary, turning occasionally, for 6-8 mins until lightly charred and softened. While the vegetables cook, cut the **tomato** into wedges. Coarsely chop the **parsley**, discarding the stems.



### 5. Chargrill beef

Heat a chargrill pan over high heat until hot (see cooking tip). Spray the **steaks** with **olive oil** (or drizzle lightly with **2 tsp olive oil**) and season with **salt and pepper**. 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. Remove from the pan and rest for 4 mins.



### 6. Get ready to serve

Add the **capsicum, onion, tomato, parsley** and **toasted bread** to the **dressing** in the bowl and toss to combine. Season with **salt and pepper**. Slice the **steaks** against the grain (see cooking tip). Divide the **salad** and steak among plates and drizzle over any **resting juices** to serve.