

**FAST**

**HEALTHY**

## Steak Tagliata

with Broccoli, Rocket and Parmesan



20-30min



4 Portions

Parmesan is an essential ingredient to any passionate cook's kitchen and our friends at Mil Lel have sent us a whole block of parmesan to share with you. Locally made in traditional style, its nutty, aged flavour is perfect for Steak Tagliata. Simply toss vibrant greens in a balsamic dressing, then load with delicious thin slices of rump steak and generous shavings of parmesan for the ultimate ...



## What we send

- 3,7
- 17

## What you'll require

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

## Utensils

- large frypan
- large saucepan with lid
- medium saucepan
- vegetable peeler

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

## Cooking tip

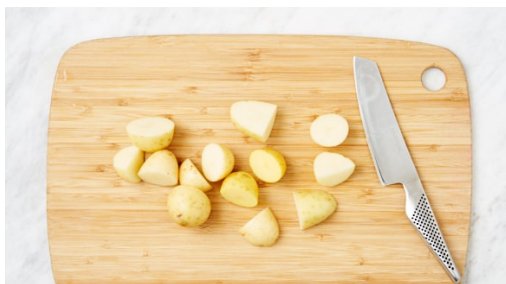
It's important to have your pan hot before adding the beef, otherwise it may stew slightly and become tough. ~To ensure tender beef, it's also important to slice the steak against the grain.

## Allergens

Egg (3), Milk (7), Sulphites (17). May contain traces of other allergens.

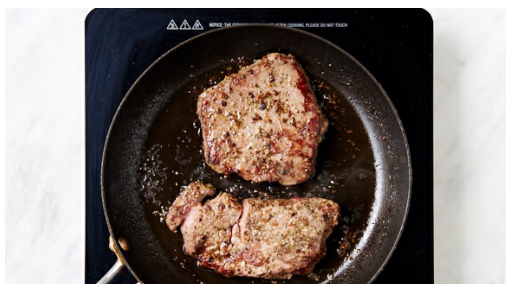
## Nutrition per serving

Energy 505kcal, Fat 22.2g, Carbs 25.1g, Proteins 46.0g



### 1. Cook potatoes

Bring a medium saucepan of water to the boil for the broccoli. Halve the **unpeeled potatoes**, quartering any large ones. Put in a large saucepan, cover with salted water and bring to the boil. Reduce the heat to medium and cook for 10-12 mins until tender. Drain.



### 4. Cook steaks

Heat a large frypan over high heat until hot (see cooking tip). 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.



### 2. Cook broccoli

Meanwhile, trim the end of the **broccoli** and peel the stem. Cut the broccoli into long florets, including the stem. Cook in the pan of boiling water for 2 mins or until just tender. Drain, then cool under cold running water.



### 5. Make dressing

Meanwhile, combine **2 tbs balsamic vinegar** and **2 tbs extra virgin olive oil** in a large bowl and season with **salt and pepper**. Using a vegetable peeler, shave **50g parmesan** (the remaining parmesan won't be used in this dish).



### 3. Prepare steaks

While the vegetables are cooking, drizzle the **steaks** with **1 tbs olive oil**, scatter over the **Italian herbs** and season with **salt and pepper**.



### 6. Get ready to serve

Thinly slice the **steaks** across the grain (see cooking tip). Add the **potato**, **broccoli** and **rocket** to the **dressing** and toss to coat. Divide the **salad** and **steak** among plates. Drizzle with any resting juices and scatter over the **parmesan** to serve.