

# MARLEY SPOON



**FAST**

**HEALTHY**

## **Chermoula Beef Steak** with Carrot, Currant and Walnut Salad

 20-30min  2 Portions

When you want dinner fast, healthy, carb free and full of flavour, here's your deal. Chermoula make a quick and tasty rub for prime rump steak, while our pretty salad gets oomph from lightly pickled onions, crunchy walnuts, some sweet currants and a smattering of chopped coriander.

## What we send

- 17
- 15

## What you'll require

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

## Utensils

- mandoline (optional)
- medium frypan
- vegetable peeler

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

## Cooking tip

The remaining onion won't be used in this dish. ~ It's important to have the pan very hot before adding the steaks, otherwise they may stew slightly and become tough.

## Allergens

Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

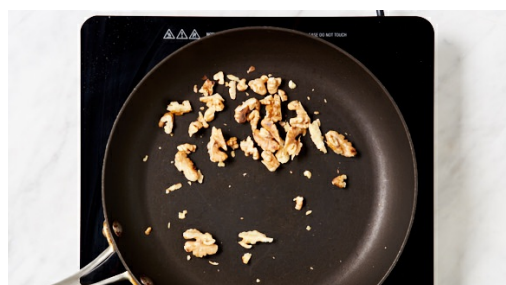
## Nutrition per serving

Energy 490kcal, Fat 29.9g, Carbs 17.2g, Proteins 34.9g



1. Pickle onion

**Read through the recipe.** Very thinly slice **half the onion**, using a mandoline or sharp knife (see cooking tip). Combine **1½ tbs red wine vinegar**, **2 tsp maple syrup** (the remaining maple syrup won't be used in this dish) and a **large pinch of salt** in a large bowl. Add the **onion** and **currants**, toss well to combine and set aside to lightly pickle.



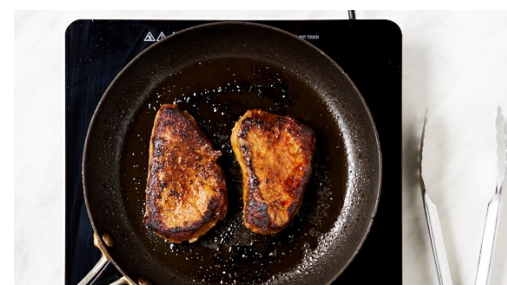
4. Toast walnuts

Coarsely chop the **walnuts** then put in a cold medium frypan over medium heat. Cook, tossing, for 3-4 mins until evenly toasted. Remove from the pan.



2. Season steaks

Combine the **chermoula** and **2 tsp olive oil** in a shallow dish. Add the **steaks**, season with **pepper** and turn to coat.



5. Cook steaks

Heat the pan over high heat until hot (see cooking tip). Reduce the heat to medium, then 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.



3. Prepare vegetables

Finely shred the **cabbage**. Peel the **carrot**, then peel into ribbons with a vegetable peeler. Finely chop the **coriander**, keeping the leaves and stems separate.



6. Get ready to serve

Meanwhile, add **1½ tbs extra virgin olive oil** to the onion mixture. Add the **cabbage**, **carrot** and **coriander stems**, season with **salt and pepper**, then toss to combine. Slice the **steaks** against the grain. Divide the steak and **salad** among plates and drizzle over any resting juices. Scatter over the **walnuts** and **coriander leaves** to serve.