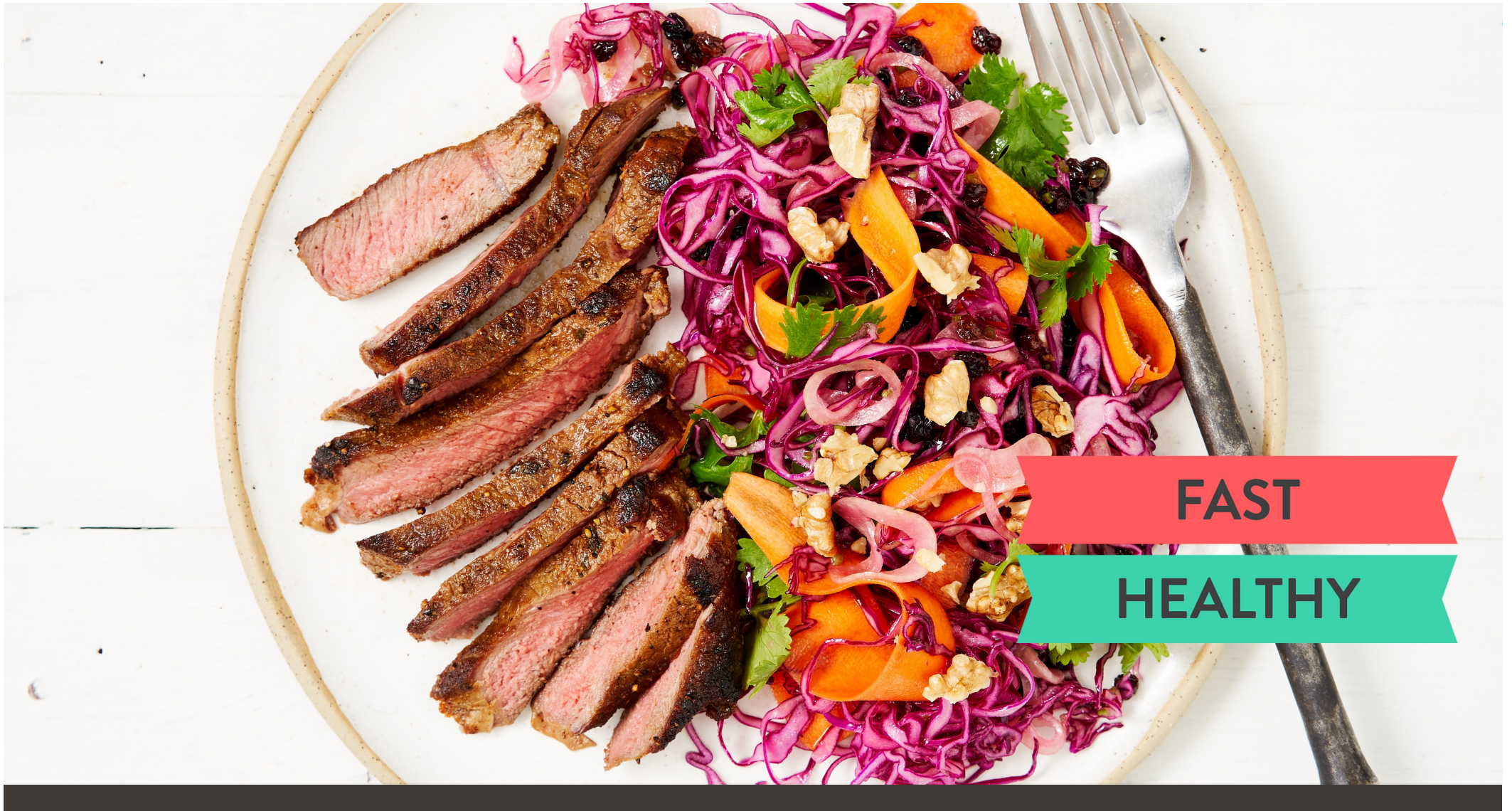


MARLEY SPOON



FAST

HEALTHY

Chermoula Beef Steak with Carrot, Currant and Walnut Salad

 20-30min  4 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 ¹⁷
- sea salt and pepper

Utensils

- large frypan
- mandoline (optional)
- vegetable peeler

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

Cooking tip

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 the **onion**, using a mandoline or sharp knife. Combine **60ml (¼ cup) red wine vinegar, maple syrup** 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.



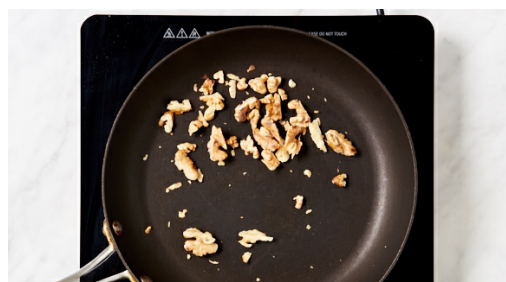
2. Season steaks

Combine the **chermoula** and **1 tbs olive oil** in a shallow dish. Add the **steaks**, season with **pepper** and turn to coat.



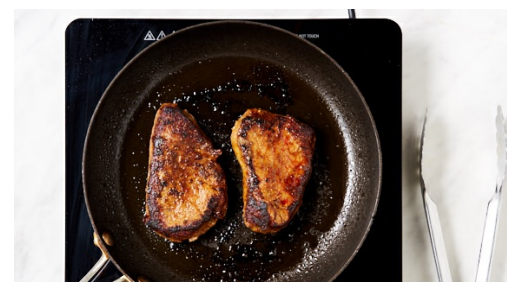
3. Prepare vegetables

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.



4. Toast walnuts

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



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.



6. Get ready to serve

Meanwhile, add **60ml (¼ cup) 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.