

MARLEY SPOON



Seared Rump Steaks with Mushrooms and Macadamia

 20-30min  4 Portions

Banish boring steak and veg night forever with this abundant dinner. Mushrooms, sweet red capsicum, onion and garlic are sauteed with flavoursome Spanish spices, then loaded with buttery macadamia for a luxurious touch. It's so good, the steak is the runner-up on the plate.

What we send

- vegetable stock cube
- macadamia nuts ¹⁵
- mushroom
- garlic
- capsicum
- 4 beef rump steaks
- onion
- Spanish spice blend ¹⁷

* The remainder of this ingredient won't be used in this recipe.

What you'll require

- boiling water
- olive oil
- red wine vinegar ¹⁷
- sea salt and pepper

Utensils

- large deep frypan or saucepan with lid
- medium frypan

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 steaks, otherwise it may stew slightly and become tough.

Allergens

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

Nutrition per serving

Energy 490kcal, Fat 33.5g, Carbs 6.1g, Proteins 37.4g



1. Prepare vegetables

Read through the recipe. Thinly slice the **onion**. Crush or finely chop the **garlic**. Thinly slice the **capsicums**, discarding the seeds and membranes. Wipe the **mushrooms** clean, then thinly slice.



2. Make stock

Crumble the **stock cubes** into a heatproof jug, add **330ml (1 1/3 cups) boiling water** and stir to dissolve.



3. Cook steaks

Heat a medium frypan over high heat until hot (see cooking tip). Drizzle or rub the **steaks** with **1 tbs 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. Transfer to a plate and rest for 4 mins.



4. Cook vegetables

Meanwhile, heat **1 1/2 tbs olive oil** in a large deep frypan over medium heat. Cook the **mushrooms**, stirring, for 3 mins or until golden. Stir in the **onion, garlic** and **capsicum** and cook, covered, for 5 mins or until softened. Add **1 tbs Spanish spice blend**** and cook, stirring, for 1 min or until fragrant.



5. Add stock

Add the **stock** to the **vegetable mixture**, bring to a simmer and cook for 5 mins or until the vegetables are tender and the stock is reduced. Stir in **1 tsp red wine vinegar**. Taste, then season with **salt and pepper**.



6. Get ready to serve

Meanwhile, chop the **macadamia nuts**. Stir **half of the macadamias** into the **vegetable mixture**. Slice the **steaks**. Divide the **steak, resting juices** and **vegetables** among plates. Scatter over the **remaining macadamias** to serve.