DINNERLY

Middle Eastern Beef and Chi...

with Broccoli Steaks

20-30 minutes

4 Servings

Skip carbs and load up the veggie goodness. Pan-fry baharat beef, char broccoli 'steaks' and make a garlicky sauce for a modern take on meat and three veg.

WHAT WE SEND

- 10g ras el hanout spice blend [1,17]
- 1 carrot
- 2 x 400g chickpea
- 2 x 60g dried figs
- 2 heads broccoli
- barbeque beef mince

WHAT YOU NEED

- Dijon mustard [17]
- garlic clove
- Australian honey
- olive oil
- white wine vinegar [17]

TOOLS

- large frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

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

NUTRITION PER SERVING

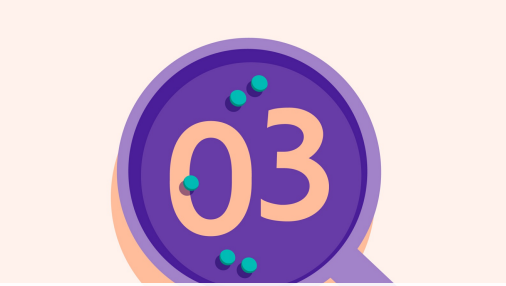
Energy 775kcal, Fat 43.4g, Carbs 39.1g, Proteins 49.2g

1. Prep ingredients

Crush or finely chop **3 garlic cloves**. Peel the **carrot**, quarter lengthwise and cut into 1cm chunks. Cut the **broccoli** heads lengthwise into 8 'steaks' (see recipe image). Drain and rinse the **chickpeas**.

2. Make creamy sauce

Put **half the garlic**, **1 tsp white wine vinegar**, **2 tsp honey**, **2 tsp Dijon mustard**, **80ml (⅓ cup) mayonnaise** and **1 tbs water** in a small bowl. Season with **salt and pepper** and stir to combine.



3. Cook beef and chickpeas

Heat **1½ tbs olive oil** in a large deep frypan over high heat. Cook the **beef**, breaking up the lumps with a spoon, for 3-4 mins until lightly browned. Add the **figs**, **chickpeas**, **carrot**, **1 tbs baharat spice blend** and the **remaining garlic** and cook, stirring, for 3 mins or until the carrot starts to soften.

4. Char broccoli steaks

Meanwhile, put the **broccoli steaks** in a large heatproof bowl, cover with boiling water and stand for 2 mins. Drain well. Heat **1 tbs olive oil** in a large frypan over high heat. Cook the broccoli steaks, in 2 batches, for 1-2 mins each side until lightly charred. Remove from the pan and season with **salt and pepper**.

5. Serve up

Stir **375ml (1½ cups) water** into the **beef mixture**, bring to the boil, then reduce the heat to low and cook for 3-5 mins until the sauce is slightly thickened. Taste, then season with **salt and pepper**. Divide the **beef mixture** and **broccoli steaks** among plates. Spoon over the **creamy sauce** and enjoy.

6. Make it yours

Combine some olive oil and crushed garlic in a small bowl, then brush over pita bread. Cook in a hot frypan for 20-30 secs each side, season with salt and pepper and serve up with dinner to soak up all the sauce.