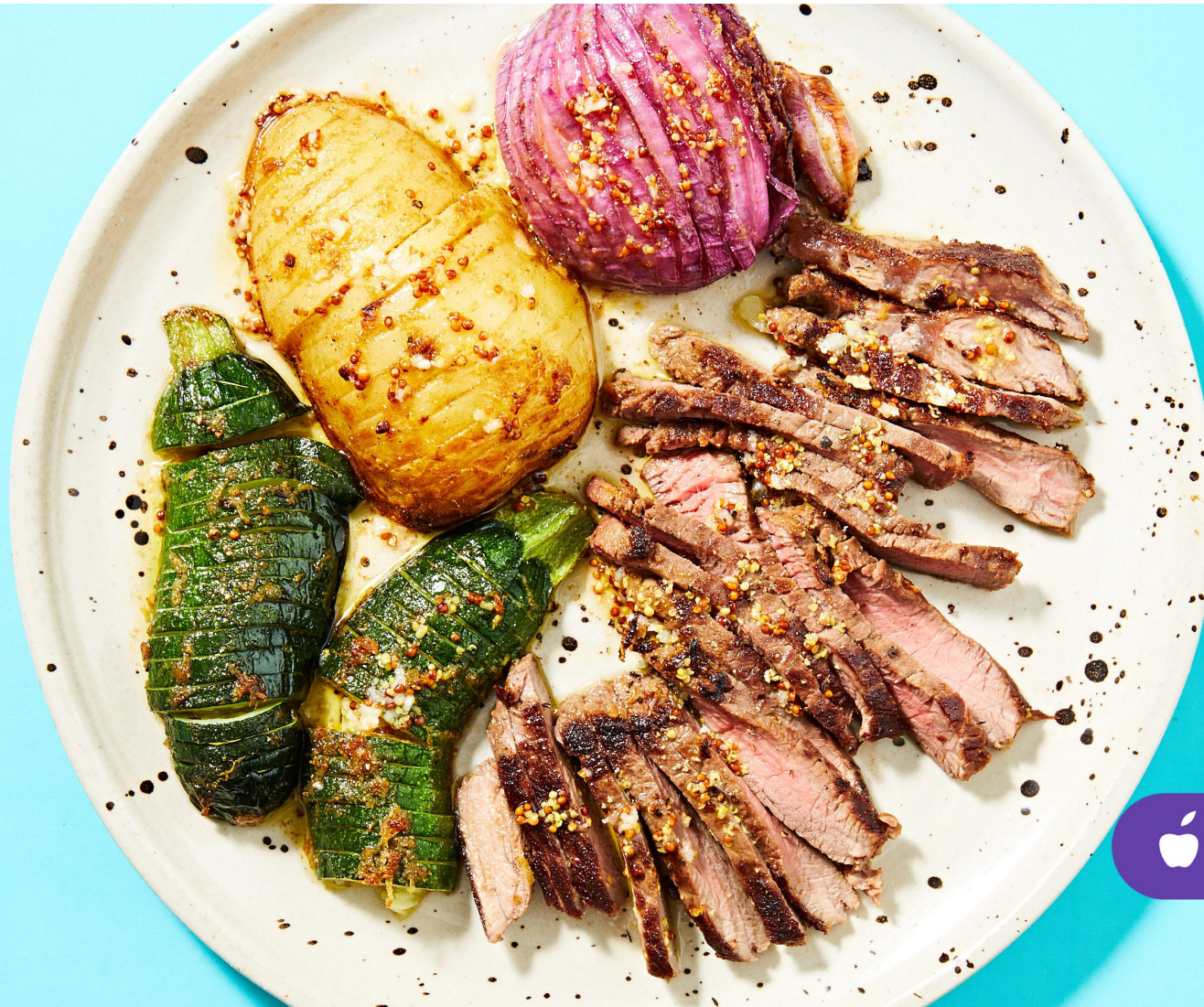


# DINNERLY



 HEALTHY

## Beef Rump Steaks with Hasselback Veggies

 30-40 minutes  2 Servings

Show off your ninja knife skills with these hasselback veggies. It's basically a super-fancy way of making small cuts into the tops of vegetables, so all the lemony herb flavours can sneak right in. Serve with juicy rump steak.

## WHAT WE SEND

### WHAT YOU NEED

- olive oil
- sugar

### TOOLS

- baking paper
- fine grater
- medium frypan
- oven tray

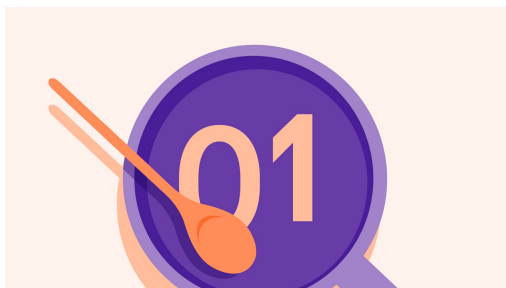
Our veggies come straight from the farm, so please wash them before cooking.

### ALLERGENS

May contain traces of allergenic ingredients.

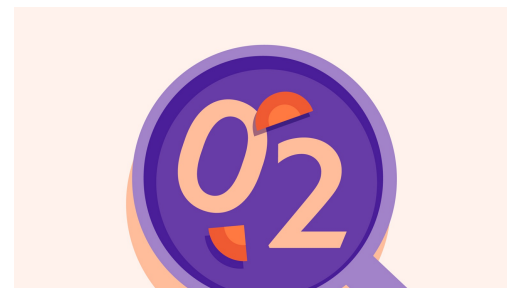
### NUTRITION PER SERVING

Energy 465kcal, Fat 25.7g, Carbs 20.7g, Proteins 34.8g



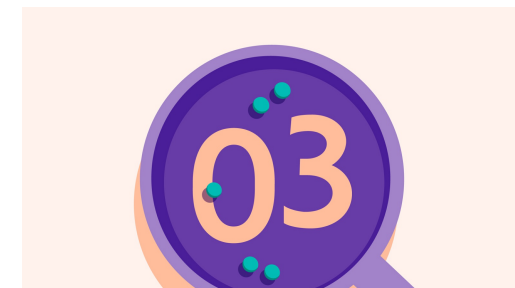
#### 1. Prep ingredients

Preheat the oven to 220C. Line an oven tray with baking paper. Peel the **onion**, keeping the root intact. Cut the onion, **potato** and **zucchini** in half lengthwise. Place the veggies, cut side down, on a board. Using a sharp knife, cut slits 5mm apart into the veggies, taking care not to cut all the way through (see Kitchen hack).



#### 2. Make marinade

Finely grate the zest of **half the lemon**, then juice the half (the remaining lemon won't be used in this dish). Crush **1 garlic clove**. Put **1 tsp lemon zest** (any remaining lemon zest won't be used in this dish), the **cumin and coriander spice blend**, **half the garlic** and **1 tbs olive oil** in a small bowl. Season with **salt and pepper** and stir to combine.



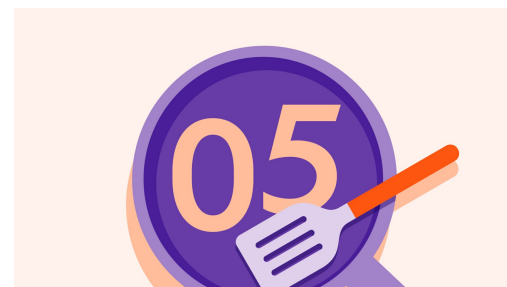
#### 3. Roast veggies

Rub the **veggies** all over with **half the marinade**. Put the **onion** and **potato**, slit side up, on the lined tray and roast for 15 mins, add the **zucchini** and roast for a further 15 mins or until the veggies are tender.



#### 4. Cook steaks

Meanwhile, rub the **steaks** with the remaining marinade. Heat a medium frypan over high heat until hot (see Kitchen hack). Add the steaks, reduce the heat to medium-high and cook for 2½-3 mins each side for medium-rare or until cooked to your liking. Transfer to a plate and rest for 4 mins.







#### 5. Serve up

Put **2 tsp lemon juice** (any remaining juice won't be used in this dish), the **remaining garlic**, **1 tbs olive oil**, **1 tsp wholegrain mustard** and **½ tsp sugar** in a small bowl. Season with **salt and pepper** and stir to combine. Divide the **hasselback veggies** and **steaks** among plates. Drizzle the veggies with the **lemon dressing** to serve.



#### 6. Kitchen hack

For easy breezy slicing, place a chopstick on either side of the vegetable, as this will prevent your knife cutting all the way through. It's important to have your pan very hot before adding the steaks, otherwise they may stew slightly and become tough.

Questions about the recipe? Customer Service: **02 9056 7570** Email: [hi@dinnerly.com.au](mailto:hi@dinnerly.com.au)  
View the recipe online by visiting your account at [dinnerly.com.au](https://dinnerly.com.au)     #dinnerly

 Packed in Australia  
from at least **85%**  
Australian ingredients