



## Pepper Steak with Freekeh and Mediterranean Vegetables

 20-30min  2 Portions

Feel like a steak dinner without any fuss? Here, a generous dose of pepper is rubbed onto rump steak, a flavoursome cut, best cooked on a searing-hot pan to create the much-loved peppery crust. Serve with cracked freekeh and vegetables, cooked with tomato and herbs, and tick all the boxes - simple, traditional and delicious.

## What we send

- 17
- 1
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\* The remainder of this ingredient won't be used in this recipe.

## What you'll require

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

## Utensils

- large frypan
- medium saucepan with lid
- sieve

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

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

## Nutrition per serving

Energy 570kcal, Fat 20.2g, Carbs 54.2g, Proteins 42.1g



### 1. Cook freekeh

**Read through the recipe.** Put the **freekeh** in a medium saucepan with **1L (4 cups) water**. Crumble in the **stock cubes** and bring to the boil. Reduce the heat to medium and cook, partially covered, for 15-18 mins until tender. Drain over a jug or heatproof bowl, reserving **125ml (½ cup) cooking water**.



### 2. Prepare vegetables

Meanwhile, thinly slice the **onion**. Thinly slice the **capsicum**, discarding the seeds and membrane. Halve the **zucchini** lengthwise, then thinly slice.



### 3. Prepare steaks

Drizzle the **steaks** with **1 tbs olive oil** and season with **salt** and **½ tsp cracked pepper**.



### 4. Cook steaks

Heat a medium frypan over high heat until hot (see cooking tip). Reduce the heat to medium-high and cook the **steaks** for 2-3 mins each side for medium-rare or until cooked to your liking. Transfer to a plate and rest for 4 mins.



### 5. Cook vegetables

Heat **2 tsp olive oil** in the pan over medium-high heat. Add the **onion** and **capsicum**, season with **salt and pepper** and cook, stirring occasionally, for 3-4 mins until softened. Add the **zucchini** and cook, stirring, for a further 3 mins or until starting to soften.



### 6. Get ready to serve

Stir **1 tbs tomato paste\*\*** and **1 tsp red wine vinegar** into the **reserved cooking water**, then add to the vegetable mixture. Add the **2 tsp Italian herbs\*\*** and cook, stirring, for a further 1-2 mins until well combined and heated through. Taste, then season with **salt and pepper**. Divide the **steaks, vegetables** and **freekeh** among plates to serve.