



Pepper Steak with Freekeh and Mediterranean Vegetables

 20-30min  4 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

What you'll require

- olive oil
- red wine vinegar ¹⁷
- 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 535kcal, Fat 17.8g, Carbs 52.2g, Proteins 41.4g



1. Cook freekeh

Read through the recipe. Put the **freekeh** in a large saucepan with **2L (8 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 **250ml (1 cup) cooking water**.



4. Cook steaks

Heat a large 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.



2. Prepare vegetables

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



5. Cook vegetables

Heat **1 tbs 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.



3. Prepare steaks

Drizzle the **steaks** with **1½ tbs olive oil** and season with **salt** and **1 tsp cracked pepper**.



6. Get ready to serve

Stir the **tomato paste** and **2 tsp red wine vinegar** into the **reserved cooking water**, then add the vegetable mixture. Add the **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.