



Everything But The Chef

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Steak with Beetroot, Fetta & Walnut Salad

Did you know Australia has a love affair with beetroot? We consume more beetroot per head of population than any other country in the world, and while we loved the tinned variety, nothing beats the freshly cooked kind (mind the pun). With a flavour that matches their dazzling colour, there's no reason they can't star in a salad. These beets will leave your heart racing, as they frolic along in a veritable cacophony of fetta, rocket and walnuts.

Prep: 5 mins
Cook: 15 mins
Total: 20 mins

level 1
 high protein
 outdoor dining
 gluten free †
 low sodium

Pantry Items

- Olive Oil
- Balsamic Vinegar
- Dijon Mustard



Rocket



Cooked Beetroots



Walnuts



Fetta Cheese



Beef New York

2P	4P	Ingredients
1 tbs	2 tbs	olive oil *
2 tsp	1 tbs	balsamic vinegar *
1 tsp	2 tsp	Dijon mustard *
1 bag	2 bags	rocket leaves, washed
4	8	cooked beetroots, cut into wedges A
¼ cup	½ cup	walnuts
½ block	1 block	fetta cheese, crumbled +
2 steaks	4 steaks	beef New York

+ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2280	Kj
Protein	51.4	g
Fat, total	31.9	g
-saturated	9.8	g
Carbohydrate	13.9	g
-sugars	11.3	g
Sodium	483	mg

Measuretool

0 cm	1 cm	2 cm

f To ensure this is a gluten free recipe, please check that your sauces & condiments are gluten free.



You will need: *chef's knife, chopping board, gloves, small bowl or jug, whisk, medium bowl, medium frying pan, plate, and aluminium foil.*

- 1** In a small bowl or jug whisk the **olive oil, balsamic vinegar** and **Dijon mustard**. Set aside.
- 2** In a medium bowl, combine the **rocket leaves, cooked beetroot, walnuts,** and **fetta cheese**. Set aside.
- 3** Rub a little olive oil on the **beef New York steaks** and season with **salt** and **pepper**. Heat a medium frying pan over a medium-high heat. Add the steaks and cook for **2-3 minutes** on each side, for medium rare or until cooked to your liking. (Cooking times may vary depending on the thickness of your steak). Transfer to a plate and cover with foil. Rest for **5 minutes**.
- 4** To serve, drizzle the salad with the dressing and divide between plates. Serve with the steaks.

Did you know? The world's largest beetroot was grown by a dutchman and weighed approximately 70 kg!