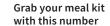


Beef Rump & Babaganoush Shawarma Flatbreads with Garlic Sauce & Cheat's Tabbouleh

STREET FOOD















Red Onion





Beef Rump

Chermoula Spice



Flatbread



Babaganoush





Mixed Salad Leaves



Prep in: 20-30 mins Ready in: 30-40 mins

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
parsley	1 packet	1 packet
mint	1 packet	1 packet
red onion	1/2	1
white wine vinegar*	1/4 cup	½ cup
beef rump	1 medium packet	2 medium packets OR 1 large packet
chermoula spice blend	1 medium sachet	1 large sachet
honey*	1 tsp	2 tsp
flatbread	4	8
babaganoush	1 packet	2 packets
hummus	1 medium packet	1 large packet
mixed salad leaves	1 small packet	1 medium packet
garlic sauce	1 packet	2 packets
*Pantry Items		

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3054kJ (730Cal)	614kJ (147Cal)
Protein (g)	42.4g	8.5g
Fat, total (g)	37.1g	7.5g
- saturated (g)	4.9g	1g
Carbohydrate (g)	53.7g	10.8g
- sugars (g)	15.7g	3.2g
Sodium (mg)	1435mg	288mg
Dietary Fibre (g)	9.2g	1.8g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Finely chop tomato, parsley and mint.
- Thinkly slice red onion (see ingredients).



Pickle the onion

- In a small bowl, combine the white wine vinegar and a good pinch of sugar and salt.
- Add **onion** to pickling liquid. Add enough **water** to just cover onion. Set aside.



Cook the beef

- See 'Top Steak Tips' (below). In a large bowl, combine beef rump, chermoula spice blend and a drizzle of olive oil.
- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- · When oil is hot, cook beef, turning, for 4-6 minutes (depending on thickness), or until cooked to your liking.
- Transfer to a plate, then drizzle over the **honey**. Set aside to rest.

TIP: If your beef rump is more than 4cm thick, cut in half horizontally before seasoning.



Toss the tabbouleh

- · While the steak is resting, drain onion and reserve a drizzle of the pickling liquid.
- In a medium bowl, combine tomato, parsley, mint, onion, a drizzle of pickling liquid and a good drizzle of olive oil. Season to taste.



Warm up the flatbreads

- Drizzle (or brush) each flatbread with olive oil and season with **salt**. Wipe out frying pan then return to medium-high heat.
- · Cook flatbreads until golden and warmed through, 1-2 minutes each side.



Serve up

- Slice beef.
- Spread babaganoush and hummus over each flatbread, then top mixed salad leaves, beef rump and cheat's tabbouleh.
- Drizzle over garlic sauce to serve. Enjoy!

Top Steak Tips!

- 1. Use paper towel to pat steak dry before seasoning.
- 2. Check if steak is done by pressing on it gently with tongs rare steak is soft, medium is springy and well-done is firm.
- 3. For ultimate tenderness, let steak rest on a plate for 5 minutes before slicing.





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