



(02) 8188 8722 | HelloFresh.com.au

WK36  
2016



## Dukkah Steak with Lemon & Fetta Greens

Everything about this dish is infused with zesty freshness. From the sumptuous dukkah crust on your premium steaks to the fetta and citrus drenched veggies, there's nothing about this dinner that isn't easy to love.



**Prep:** 10 mins

**Cook:** 20 mins

**Total:** 30 mins



level 1



gluten free



high protein

### Pantry Items



Olive Oil



Premium Beef Rump



Dukkah



Broccoli



Zucchini



Lemon



Fetta Cheese

JOIN OUR PHOTO CONTEST



#HelloFreshAU

2P	4P	Ingredients
1 steak	2 steaks	premium beef rump
1 tbs	2 tbs	olive oil *
⅓ sachet	⅔ sachet	dukkah
1 head	2 heads	broccoli, cut into florets
2	4	zucchini, cut diagonally into 1 cm thick slices
½	1	lemon, zested & juiced
1 block	2 blocks	fetta cheese, crumbled

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	1900	Kj
Protein	52.3	g
Fat, total	24.1	g
-saturated	8.7	g
Carbohydrate	3.3	g
-sugars	2.7	g
Sodium	507	mg

2a



**You will need:** *chef's knife, chopping board, zester, medium saucepan, medium ovenproof frying pan, plate, aluminium foil and medium bowl.*

**1** Preheat the oven to **200°C/180°C** fan-forced. Bring a medium saucepan of water to the boil.

**2** Season the **premium beef rump** with **salt** and **pepper** and then coat evenly in the **dukkah**. Heat a dash of the **olive oil** in a medium ovenproof frying pan over a medium high-heat. Add the dukkah-coated steak and cook for **2 minutes** on each side. Transfer the frying pan to the oven and cook for **5 minutes**, for medium rare. Cooking times may vary depending on the thickness of your steak. Transfer to a plate and cover with foil to rest for **5 minutes**.

**Tip:** Don't be tempted to skip resting the steak. It is an integral part of the cooking process and will ensure your steak is tender.

**3** Place the **broccoli** and **zucchini** in the medium saucepan of boiling water. Cook for **2-3 minutes** or until tender. Drain and transfer to a medium bowl. Add the remaining olive oil, a pinch of **lemon zest**, the **lemon juice** and **fetta cheese**. Toss well. Season with salt and pepper.

**4** Cut the steak into 5mm slices.

**5** To serve, divide dukkah steak and lemon and fetta greens between plates.

2b



3



4



**Did you know?** The average Australian will eat approximately 62 kg of potatoes each year. We can totally understand why!