



# Classic Dukkah Steak

with Veggie Fries & Rainbow Salad

KID FRIENDLY

DIETITIAN APPROVED\*



Grab your Meal Kit with this symbol



Carrot



Potato



Beef Rump



Dukkah



Celery



Deluxe Salad Mix

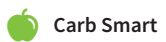


Mayonnaise



Haloumi

Prep in: 15-25 mins  
Ready in: 25-35 mins



\*Custom Recipe is not Dietitian Approved

Fancy a gourmet low-carb meal tonight? With succulent steak coated in a fragrant dukkah spice blend and bright veggie fries and a salad to round out the meal perfectly, you're in for a treat!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, White Wine Vinegar



## Before you start

Wash your hands and any fresh food.

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

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
potato	1	2
beef rump	1 small packet	1 large packet
dukkah	1 medium sachet	1 large sachet
celery	1 medium bag	1 large bag
<b>white wine vinegar*</b>	drizzle	drizzle
deluxe salad mix	1 medium bag	1 large bag
mayonnaise	1 medium packet	1 large packet
haloumi**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1523kJ (364Cal)	317kJ (76Cal)
Protein (g)	35g	7.3g
Fat, total (g)	14.7g	3.1g
- saturated (g)	2.3g	0.5g
Carbohydrate (g)	21.6g	4.5g
- sugars (g)	9.3g	1.9g
Sodium (mg)	570mg	119mg
Dietary Fibre (g)	8.5g	1.8g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2000kJ (478Cal)	475kJ (114Cal)
Protein (g)	21.5g	5.1g
Fat, total (g)	33.3g	7.9g
- saturated (g)	15.2g	3.6g
Carbohydrate (g)	22.8g	5.4g
- sugars (g)	10.3g	2.4g
Sodium (mg)	1530mg	364mg
Dietary Fibre	8.5g	2g

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

## We're here to help!

Scan here if you have any questions or concerns



1



## Bake the veggie fries

- Preheat oven to **240°C/220°C fan-forced**. Cut **carrot** and **potato** into fries.
- Spread **fries** over a large microwave-safe plate. Cover with a damp paper towel. Microwave **fries** on high, **4 minutes**.
- Drain any excess liquid, then place **fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then bake until golden and tender, **10-15 minutes**.

**TIP:** If your oven tray is crowded, divide the fries between two trays.

**Custom Recipe:** If you've swapped to haloumi, in a medium bowl, add haloumi and cover with water to soak.

3



## Get prepped

- While the steak is resting, thinly slice **celery**.
- In a large bowl, combine a drizzle of the **white wine vinegar** and **olive oil**. Season with **salt** and **pepper**.
- Add **deluxe salad mix** and **celery**. Toss to combine.

2



## Cook the steak

- Meanwhile, place **beef rump** between two sheets of baking paper. Pound with a meat mallet or rolling pin until slightly flattened.
- Heat a large frying pan over high heat with a drizzle of **olive oil**. When oil is hot, cook **beef**, turning, for **5-6 minutes** (depending on thickness) or until cooked to your liking. In the **last minute** of cooking add **dukkah** and turn to coat. Transfer to a plate to rest.

**TIP:** Pounding the beef ensures it's extra tender once cooked!

**Custom Recipe:** Drain haloumi and pat dry. Slice haloumi horizontally to get 1 piece per person. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook haloumi, until golden brown, 1-2 minutes each side. In the last minute of cook time add the dukkah as above, turning haloumi to coat.

4



## Serve up

- Slice dukkah steak.
- Divide steak, veggie fries and rainbow salad between plates.
- Serve with **mayonnaise**. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)