



# Zaatar Beef & Eggplant Toss

with Chargrilled Veggies & Fetta



Grill veggies for extra flavour



Zaatar



Red Capsicum



Baby Eggplant



Garlic



Rosemary Panini



Beef Rump



Mixed Salad Leaves



Fetta

Hands-on: 20 mins  
Ready in: 30 mins

Low calorie

Having steak for dinner shouldn't mean boring meat and 3 veg. This vegetable toss with baby eggplant and capsicum is the exciting ensemble tender beef steaks deserve, complete with a zesty crunch from zaatar and a finishing crumble of fetta.

**Pantry Staples:** Olive Oil, Vinegar (White Wine Or Red Wine), Honey

# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, garlic crusher, two medium bowls, oven tray, tongs, medium frying pan, plate, paper towel, foil** and **wooden spoon**.



## 1 GET PREPPED

Preheat the grill to high. Slice the **red capsicum** into 1cm strips. Slice the **baby eggplant** into 0.5cm rounds. Slice or tear the **rosemary panini** into 2cm chunks. Peel and crush the **garlic**.

In a medium bowl, combine the **beef rump** with the **zaatar** and a **drizzle of olive oil**. Toss to coat and set aside.



## 4 MAKE THE CROUTONS

While the **steak** is resting, wipe out the pan with paper towel and return it to a medium-high heat with a **good drizzle of olive oil**. Add the **panini chunks** and cook, tossing occasionally, for **5-6 minutes** or until golden and crisp. Set aside.



## 2 GRILL THE VEGGIES

In a medium bowl, combine the **red capsicum** and **baby eggplant**. Add the **salt** (see ingredients list), **garlic** and **olive oil** (1 tbs for 2 people / 2 tbs for 4 people). Toss to coat, then spread over the oven tray. Grill for **12-14 minutes** or until tender and lightly charred. **TIP:** Don't wash the bowl, you'll use it in Step 5!



## 5 TOSS THE SALAD

Thinly slice the steak. In the medium bowl that you tossed the veggies in, combine the **vinegar, olive oil** (1 tbs for 2 people / 2 tbs for 4 people) and **honey**. Add the **mixed salad leaves**, grilled veggies, croutons and sliced beef. Toss to coat.

**TIP:** Toss the salad just before serving to keep the leaves and croutons crisp.



## 3 COOK THE BEEF

While the veggies are grilling, heat a medium frying pan over a medium-high heat. Once hot, add the **1/2 the beef rump** and cook for **2-3 minutes** on each side (depending on thickness), or until cooked to your liking. **TIP:** This will give you a medium steak but cook for a little less if you like it rare, or a little longer for well done. **TIP:** Don't worry if the zaatar chars a little, this adds to the flavour. Transfer to a plate to rest. Repeat with the remaining beef rump.



## 6 SERVE UP

Divide the zaatar beef & eggplant toss between plates and crumble over the **fetta**.

# Enjoy!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red capsicum	1	2
baby eggplant	1	2
rosemary panini	1	2
garlic	2 cloves	4 cloves
beef rump	1 packet	1 packet
zaatar	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
vinegar* (white wine or red wine)	2 tsp	1 tbs
honey*	½ tsp	1 tsp
mixed salad leaves	1 bag	1 bag
fetta	1 block (50 g)	1 block (100 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	1920kJ (460Cal)	478kJ (114Cal)
Protein (g)	44.1g	10.9g
Fat, total (g)	15.7g	3.9g
- saturated (g)	7.2g	1.8g
Carbohydrate (g)	32.3g	8.0g
- sugars (g)	6.5g	1.6g
Sodium (g)	678mg	168mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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