



Everything But The Chef

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Wk51  
2015



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## Sumac Steak with Fattoush

We love fattoush; that Middle Eastern panzanella style salad studded with crispy shards of Lebanese bread. There's nothing quite like it. Lemony sumac too is the perfect summer flavour. We've crusted a juicy tender steak in the stuff, and you won't believe how good it makes it taste! This is best when the Lebanese bread is crispy and fresh, so don't delay in getting it served up and on the table.

- Prep:** 10 mins
- Cook:** 15 mins
- Total:** 25 mins
- level 1**
- nut free**
- lactose free**
- high protein**
- outdoor dining**

### Pantry Items

- Red Wine Vinegar
- Olive Oil



Tomato



Kalamata Olives



Cucumber



Red Onion



Parsley



Beef Rump



Sumac



Lebanese Bread

2P	4P	Ingredients	
2	4	tomatoes, each cut into 8 wedges	A
¼ cup	½ cup	pitted kalamata olives, halved (check for pits)	
1	2	cucumber, diced	
½	1	red onion, very finely sliced	⊕
⅓ bunch	⅔ bunch	parsley, leaves picked	⊕
2 tsp	1 tbs	red wine vinegar *	
1 tbs	2 tbs	olive oil *	
2 steaks	4 steaks	beef rump	
1 tsp	2 tsp	sumac	
1	2	Lebanese bread, cut into strips	B

⊕ May feature in another recipe

\* Pantry Items

#### Nutrition per serving

Energy	2070	Kj
Protein	46.2	g
Fat, total	23.5	g
-saturated	6.6	g
Carbohydrate	21.6	g
-sugars	4.6	g
Sodium	730	mg

#### Measuretool

0 cm	1 cm	2 cm



**You will need:** *chef's knife, chopping board, medium bowl, small bowl/jug, medium frying pan, plate, aluminium foil, and an oven tray lined with baking paper.*

**1** Preheat the oven to **200°C/180°C** fan-forced.

**2** Combine the **tomato, pitted kalamata olives, cucumber, red onion** and **parsley** in a medium bowl. Whisk the **red wine vinegar** and half of the **olive oil** in a small bowl or jug and season to taste with **salt** and **pepper**. Pour the dressing over the salad and set aside.



**3** Rub the **beef rump steaks** in the remaining olive oil and all of the **sumac** until well coated. 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, cover with foil and rest for **5 minutes**.

**4** While the steak is resting, place the **Lebanese bread strips** on the prepared oven tray and cook in the oven for **5 minutes** or until crispy.

**5** Toss the Lebanese bread through the salad and then divide between plates. Serve with the sumac steak.



**Did you know?** Fattoush is an incredibly hydrating salad due to the watery nature of cucumbers and tomatoes so it's perfect for a warm Summer's night!