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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





Olive Oil Red Wine Vinegar



Tomato



Kalamata Olives



Cucumber



Red Onion





Parsley



Beef Rump



Sumac



Lebanese Bread

2P	4P	Ingredients	
2	4	tomatoes, each cut into 8 wedges	Α
¼ cup	½ cup	pitted kalamata olives, halved (check for pits)	
1	2	cucumber, diced	
1/2	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	В

- 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

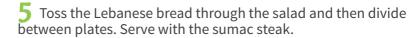
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You will need: chef's knife, chopping board, medium bowl, small bowl/ jug, medium frying pan, plate, aluminium foil, and an oven tray lined with baking paper.

- 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 mediumhigh 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**.











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!