



# DUKKAH-CRUSTED STEAK

with Sweet Potato Wedges



Crust steak with dukkah



Sweet Potato



Beef Rump



Dukkah



Cucumber



Apple



Roasted Almonds



Mixed Salad Leaves



Fetta



Hands-on: **15 mins**  
Ready in: **35 mins**



Naturally gluten-free  
*Not suitable for Coeliacs*



Low calorie

Can we have a huzzah for dukkah? We know you'll be cheering for this delicious number, with a spice that's fit for this beef rump. With the sweet and savoury interplay of fetta cheese and sweet potato, there's nothing not to love about this easy weeknight supper.

**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, two plates, medium frying pan, small jug, and a large bowl.**



### 1 GET PREPPED

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm wedges. **TIP:** Cut the sweet potato to the correct size to ensure it cooks in the allocated time.



### 2 ROAST THE WEDGES

Spread the sweet potato wedges over two oven trays lined with baking paper. **Drizzle** with **olive oil**, season with a **pinch of salt** and **pepper** and toss to coat. Roast for **25-30 minutes**, or until tender.



### 3 ADD FLAVOUR TO THE STEAKS

While the sweet potato is roasting, place the **beef rump** steaks on a plate and **drizzle** with **olive oil**. Sprinkle with the **dukkah** and rub to coat the steaks. **TIP:** If the kids don't like dukkah, leave it off their steaks!  
**TIP:** Press down firmly to ensure the dukkah sticks to the steaks.



### 4 COOK THE STEAKS

Heat a **drizzle of olive oil** in a large frying pan over a high heat. Once hot, add **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 so cook a little less for rare, or a little longer for well done. Transfer to a plate and set aside to rest. Repeat with the remaining beef rump.



### 5 MAKE THE SALAD

While the steaks are resting, slice the **cucumber** into half-moons. Slice the **apple** into thin wedges. Roughly chop the **roasted almonds**.

In a small jug or bowl, combine the **vinegar, honey, 2 tbs of olive oil** and a **pinch of salt** and **pepper**. In a large bowl, combine the cucumber, apple, almonds and **mixed salad leaves** and crumble in the **fetta**. Add the dressing and toss to coat.

**TIP:** Dress your salad just before serving to keep the leaves crisp.



### 6 SERVE UP

Thinly slice the steak. Divide the dukkah-crusted steak, sweet potato wedges and apple salad between plates.

**TIP:** For kids, follow our serving suggestion in the main photo!

## ENJOY!

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
sweet potato	4
beef rump	1 packet
dukkah	1 sachet
cucumber	1
apple	1
roasted almonds	1 packet
vinegar* (white wine or red wine)	1 ½ tbs
honey*	1 tsp
mixed salad leaves	1 bag (120 g)
fetta	1 block (50 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2270kJ (541Cal)	449kJ (107Cal)
Protein (g)	42.2g	8.4g
Fat, total (g)	23.2g	4.6g
- saturated (g)	6.5g	1.3g
Carbohydrate (g)	37.3g	7.4g
- sugars (g)	19.4g	3.8g
Sodium (g)	474mg	94mg

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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