

Dukkah Steak with Lemon & Fetta Greens

Everything about this dish is infused with zesty freshness. From the sumptuous dukkah crust on your premium steaks to the fetta and citrus drenched veggies, there's nothing about this dinner that isn't easy to love.



Prep: 10 mins Cook: 20 mins Total: 30 mins



level 1



high protein

Pantry Items





Premium Beef









Dukkah







2P	4P	Ingredients	
1 steak	2 steaks	premium beef rump	
1 sachet	2 sachets	dukkah	
1 tbs	2 tbs	olive oil *	
1 packet	2 packets	green beans, ends trimmed	
1	2	zucchini, cut diagonally into 1 cm thick slices	
1/2	1	lemon, zested & juiced	
1 block	2 blocks	fetta cheese, crumbled	

Ingredient features in another recipe				
* Pantry Items				
Pre-preparation				
Nutrition per serve				
Energy	1940	Kj		
Protein	48.5	g		
Fat, total	27.3	g		
-saturated	9	g		
Carbohydrate	4.1	g		

mg

-sugars Sodium

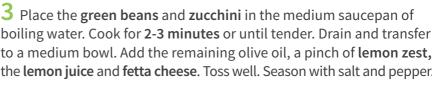


You will need: chef's knife, chopping board, zester, medium saucepan, medium ovenproof frying pan, tongs, plate, aluminium foil, colander and medium bowl.

- Preheat the oven to 200°C/180°C fan-forced. Bring a medium saucepan of water to the boil.
- 2 Season the premium beef rump with salt and pepper and then coat evenly in the dukkah. Heat a dash of the olive oil in a medium ovenproof frying pan over a medium high-heat. Add the dukkah-coated steak and cook for **2 minutes** on each side. Transfer the frying pan to the oven and cook for 5 minutes, for medium rare. (If you don't have an ovenproof frying pan, transfer the steak to a baking dish or oven tray). Cooking times may vary depending on the thickness of your steak. Transfer to a plate and cover with foil to rest for 5 minutes. Tip: Don't be tempted to skip resting the steak. It is an integral part of the cooking process and will ensure your steak is tender.



3 Place the green beans and zucchini in the medium saucepan of boiling water. Cook for 2-3 minutes or until tender. Drain and transfer to a medium bowl. Add the remaining olive oil, a pinch of lemon zest, the lemon juice and fetta cheese. Toss well. Season with salt and pepper.





5 To serve, divide the dukkah steak and lemon and fetta greens between plates. Season with salt and pepper.





Did you know? "Dukkah" is derived from the Arabic word meaning "to pound".