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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



Olive Oil



Premium Beef
Rump



Dukkah



Green Beans



Zucchini



Lemon



Fetta Cheese

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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
½	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
-sugars	3	g
Sodium	691	mg



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

1 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.

4 Cut the steak into 5 mm thick slices.

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".