



**Product Spotlight:
Dukkah**


Dukkah is traditionally an Egyptian condiment consisting of herbs, nuts, and spices.




Seared Steaks

with Dukkah & Roast Vegetable Medley

Roast veggie medley tossed with baby spinach and dukkah, served with seared beef steaks and a green chilli yoghurt dressing.

 35 minutes

 4/6 servings

 Beef

Wrap it up!

Serve vegetables and steaks (or the leftovers) in wraps! You can keep the tomatoes, spinach and capsicum fresh.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	23g	35g

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATO	800g	1.2kg
YELLOW CAPSICUM	1	2
SHALLOTS	2	2
TOMATOES	2	3
GREEN CHILLI	1	1
NATURAL YOGHURT	1 tub	2 tubs
BEEF STEAKS	600g	600g + 300g
BABY SPINACH	120g	60g + 120g
DUKKAH	10g	2 x 10g

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground coriander, cumin seeds (see notes)

KEY UTENSILS

oven tray, large frypan, stick mixer

NOTES

Rub steaks with 1 tsp ground coriander or cumin for added flavour!

If you don't have cumin seeds you could use fennel seeds or toast and add the dukkah to the yoghurt instead.



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1. ROAST THE VEGETABLES

Set oven to 220°C.

Dice **sweet potato** and slice **capsicum**. Wedge **shallots** and **tomatoes**. Toss on a lined oven tray with **2-3 tsp ground coriander, oil, salt and pepper**. Roast in the oven for 20-25 minutes or until tender.



4. COOK THE STEAKS

Coat **steaks** with **oil, salt and pepper** (see notes). Cook in the heated pan for 2-3 minutes each side or to your liking. Set aside to rest.



2. BLEND THE DRESSING

Roughly chop and deseed (optional) **green chilli**. Blend together with **yoghurt** using a stick mixer. Season to taste with **salt and pepper**.



3. TOAST THE CUMIN SEEDS

Add **2 tsp cumin seeds** to a large frypan. Toast over medium-high heat for 1-2 minutes or until fragrant. Stir into **yoghurt dressing**. Set aside in the fridge until serving, keep the pan over high heat.

6P - use **1 tbsp cumin seeds** for the yoghurt.



5. TOSS IN THE SPINACH

Toss **spinach** and **dukkah** through the **roast vegetables** just before serving.



6. FINISH AND SERVE

Slice **steaks** (optional).

Divide **roast veggie salad** and sliced **steak** between plates. Serve with **green chilli yoghurt dressing**.

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