Product Spotlight: Parsley

Parsley is a tasty herb that goes well in a variety of dishes — plus, it's full of fibre and nutrients! Here, we use it as a sprinkle on the final dish to add a boost of colour and flavour!

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Seared Beef

With Mixed Vegetable Tray Bake

Cheesy sauce, wholesome and colourful veggies, and tender beef rump steak.

Mix it up!

Toss the lettuce and roasted vegetables together to make one large salad if preferred.

🕐 30 minutes　　🍴 4 servings　　🥩 Beef

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BABY POTATOES	800g
CHERRY TOMATOES	1 bag (200g)
RED ONION	1/2 *
PURPLE CARROTS	2
SPRING ONIONS	1/4 bunch *
GRATED CHEDDAR CHEESE	1/2 packet (100g) *
BEEF RUMP STEAK	600g
FESTIVAL LETTUCE	1/2 *
PARSLEY	1/3 bunch *

Ingredient also used in another recipe

FROM YOUR PANTRY

olive + oil (for cooking), salt, pepper, ground cumin, milk (optional), balsamic vinegar, 1 tsp flour

KEY UTENSILS

oven tray, frypan, small saucepan

NOTES

If you prefer, keep carrots and cherry tomatoes fresh and add to salad instead.

No beef option – beef rump steak is replaced with chicken schnitzels. Cook for 4–5 minutes on each side or until cooked through.

1. ROAST THE VEGETABLES

Set oven to 220ºC.

Quarter baby potatoes, halve cherry tomatoes, slice red onion and carrots (see notes). Toss on a lined oven tray with **oil, 2 tsp cumin, salt and pepper**. Roast for 20–25 minutes or until golden and tender.

2. MAKE THE CHEESE SAUCE

Heat a small saucepan over medium heat. Dissolve **1 tsp flour** in **1/3 cup milk/water**. Slice spring onions. Add all to saucepan along with cheese. Cook, stirring occasionally, until thickened.

3. COOK THE STEAK

Heat a frypan over medium–high heat. Rub steak with **oil, salt and pepper**. Cook for 4–5 minutes each side.

4. TOSS THE SALAD

Wash and roughly chop lettuce. Dress with **1/2 tbsp olive oil, 1/2 tbsp vinegar, salt and pepper**.

Roughly chop parsley.

5. FINISH AND PLATE

Slice steak and serve with roasted vegetables, lettuce and sauce. Garnish with parsley.