



Dukkah Seared Steak

with Rainbow Veggie Fries & Garlic Yoghurt



Carrot



Beetroot



Tomato



Garlic



Greek-Style Yoghurt



Beef Rump



Dukkah



Mixed Salad Leaves



Hands-on: **20-30 mins**
Ready in: **35-45 mins**



Naturally Gluten-Free
Not suitable for coeliacs



Carb Smart

Fancy a low-carb meal tonight? Trust us, we're not going light on you - this dukkah steak with veggie fries is totally satisfying and delish. Plus, a crisp salad means you're eating the rainbow.

Pantry items

Olive Oil, Butter, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
beetroot	1	2
tomato	1	2
garlic	2 cloves	4 cloves
Greek-style yoghurt	1 medium packet	1 large packet
beef rump	1 small packet	1 large packet
butter*	15g	30g
dukkah	1 medium sachet	1 large sachet
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1783kJ (426Cal)	376kJ (89Cal)
Protein (g)	39.1g	8.2g
Fat, total (g)	18.6g	3.9g
- saturated (g)	7.8g	1.6g
Carbohydrate (g)	21.5g	4.5g
- sugars (g)	19.4g	4.1g
Sodium (mg)	480mg	101mg
Dietary Fibre	9.4g	2g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Bake the veggie fries

Preheat the oven to **220°C/200°C fan-forced**. Cut the **carrot** and **beetroot** into fries. Place on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then bake until tender, **30-35 minutes**.



Get prepped

While the fries are baking, roughly chop the **tomato**. Finely chop the **garlic**.



Make the garlic yoghurt

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Add the **garlic** and cook until fragrant, **1 minute**. Transfer to a small bowl. Add the **Greek-style yoghurt**. Season, then stir to combine.



Cook the beef steak

See 'Top Steak Tips' (bottom left)!

When the veggies have **10 minutes** remaining, return the pan to a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **beef rump** for **2-3 minutes** on each side for medium (depending on thickness), or until cooked to your liking. In the **last minute** of cook time, add the **butter** and **dukkah** and toss to coat. Transfer to a plate to rest.



Toss the salad

In a medium bowl, combine a drizzle of **white wine vinegar** and a drizzle of **olive oil**. Season. Add the mixed **salad leaves** and **tomato** and toss to combine.



Serve up

Slice the dukkah beef steak and divide between plates. Serve with the veggie fries, salad and the garlic yoghurt on the side.

Enjoy!

Top Steak Tips!

1. Use paper towel to pat steak dry before seasoning.
2. Check if steak is done by pressing on it gently with tongs - rare steak is soft, medium is springy and well-done is firm.
3. For ultimate tenderness, let steak rest on a plate for 5 minutes before slicing.