



MAY  
2017

## Dukkah Steak

with Lemon and Feta Spring Veggies

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



Striploin Steak



Green Beans



Zucchini



Lemon



Mint



Dukkah Spice



Feta Cheese

## Ingredients

	2 People	4 People
Striploin Steak	1 pkg (340 g)	2 pkg (680 g)
Green Beans, trimmed	1 pkg (170 g)	2 pkg (340 g)
Zucchini	227 g	454 g
Lemon	1	2
Mint	1 pkg (10 g)	1 pkg (10 g)
Dukkah Spice	1) 2) 1 pkg (2 tbsp)	2 pkg (4 tbsp)
Feta Cheese, crumbled	3) 28 g	56 g
Olive or Canola Oil*		

\*Not Included

## Allergens

- 1) Treenuts/Noix
- 2) Sesame/Sésame
- 3) Milk/Lait

## Tools

Zester, Large Pan, Baking Sheet, Medium Bowl, Whisk, Measuring Spoons

Ruler

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**Nutrition per person** Calories: 515 cal | Fat: 34 g | Protein: 41 g | Carbs: 14 g | Fibre: 5 g | Sodium: 525 mg

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

4



**1 Preheat the oven to 450°F (to bake the steak). Start prepping when the oven comes up to temperature!**

**2 Prep: Wash and dry all produce.** Thinly slice the **zucchini** into 1/4-inch rounds. Zest, then juice the **lemon(s)**. Roughly chop the **mint leaves**.

**3 Char the zucchini:** Heat a large pan over medium-high heat. Add the **zucchini** to the dry pan. Cook until charred, 3-4 min per side. Transfer to a plate and set aside.

6



**4 Cook the steak:** Season the **steak** with the **dukkah**. Add a drizzle of **oil** to the same pan, then the steak. Sear until browned but not yet cooked through, 3-4 min per side. Transfer to a baking sheet. Bake in the centre of the oven, until steak is cooked to desired doneness, 4-6 min. (**TIP:** Inserting a thermometer into a medium steak should display an internal temperature of 160°F.)

7



**5 Cook the veggies:** Meanwhile, add another drizzle of **oil** to the pan, then the **green beans**. Cook, stirring occasionally, until tender-crisp, 4-5 min.

**6 Assemble the greens:** In a medium bowl, whisk together **lemon zest**, **2 tbsp lemon juice** (double for 4 people) and a drizzle of **oil**. Toss in the **green beans, zucchini, mint** and as much **feta** as you like. Season with **salt** and **pepper**.

**7 Finish and serve:** Thinly slice the **steak**. Divide the **veggies** and steak between plates and enjoy!

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