





# **Dukkah Steaks**

with Roast Vegetable Medley

A roast veggie medley tossed with parsley and baby spinach, served with beef steaks, dip sauce and a sprinkle of dukkah.





2 servings



serve it all in wraps!

Slice the steaks and

## FROM YOUR BOX

SWEET POTATO	1
RED CAPSICUM	1
ZUCCHINI	1
SHALLOT	1
BEEF STEAKS 🍄	300g
PARSLEY	1/2 bunch *
BABY SPINACH	1 bag (60g)
DUKKAH	1 packet
CAPSICUM DIP	1 tub
FALAFEL BITES	1 packet

<sup>\*</sup>Ingredient also used in another recipe

### FROM YOUR PANTRY

oil for cooking, salt, pepper

## **KEY UTENSILS**

oven tray, frypan

#### **NOTES**

Rub beef steaks with 1/2 tsp ground coriander or cumin for added flavour!

No beef option - beef steaks are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side or until cooked through.

**WEG OPTION** - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.



## 1. ROAST THE VEGETABLES

Set oven to 250°C. Roughly chop sweet potato, capsicum and zucchini, wedge shallot. Toss on a lined oven tray with **oil**, **salt and pepper**. Roast in the oven for 20 minutes or until tender.



## 2. COOK THE STEAKS

Heat a frypan over medium-high heat. Rub steaks with **oil**, **salt and pepper** (see notes). Cook for 2-4 minutes on each side or until cooked to your liking.

\*\* VEG OPTION - On a separate oven tray, place falafel bites and cook in the oven underneath the veggies for 10 minutes or until warm.



## 3. TOSS THROUGH SPINACH

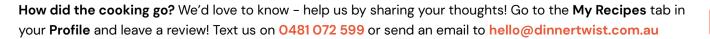
Chop parsley and toss through the roast vegetables along with baby spinach and half of the dukkah (or serve separately).



## 4. FINISH AND SERVE

Serve steaks with roasted vegetable medley, dip and remaining dukkah sprinkled on top.

\*\* VEG OPTION - Serve falafel bites with roasted vegetable medley, dip and remaining dukkah sprinkled on top.







<sup>\*</sup> we originally cooked this dish with cauliflower but as it is unavailable we had to substitute with other ingredients