

# DINNERLY



## Middle Eastern Beef Rump Steak Bowl with Couscous, Salad and Garlic Hummus



25 minutes



2 Servings

Punch some variety into your weeknight dining; our PLUS recipes keep things super interesting! Take this steak dish, where our juicy beef rumps get the Middle Eastern treatment, complete with a classic, crispy salad, seasoned couscous and garlicky hummus. With bright colours and fresh flavours, it's got 'eat me now' written all over it!



## WHAT WE SEND

- 1 Lebanese cucumber
- 1 tomato
- parsley
- 2 garlic cloves
- 150g couscous <sup>1,4</sup>
- 10g Greek seasoning <sup>1,3,4</sup>
- 2 beef rump steaks
- 50g hummus <sup>2</sup>

## WHAT YOU NEED

- 1 tbs white or red wine vinegar <sup>3</sup>
- 2 tbs olive oil
- 200ml boiling water

## TOOLS

- medium frypan
- small saucepan

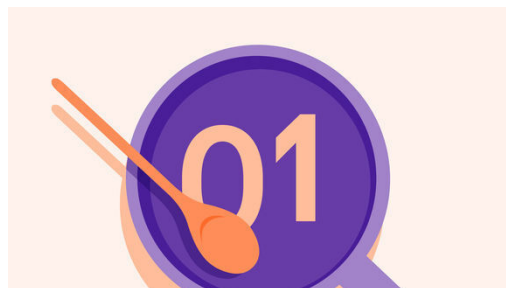
Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Gluten (1), Sesame (2), Sulphites (3), Wheat (4). May contain traces of other allergens.

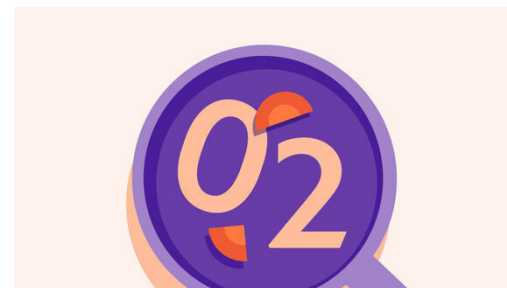
## NUTRITION PER SERVING

Energy 730kcal, Fat 33.1g, Carbs 62.5g, Protein 42.9g



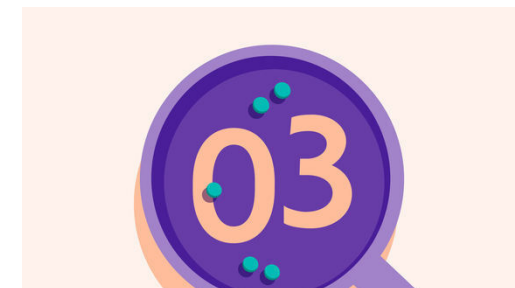
### 1. Prep ingredients

Coarsely chop the **cucumber** and **tomato**. Finely chop the **parsley** leaves, discarding the stems. Crush or finely chop **2 garlic cloves**. Combine **1 tbs white wine vinegar** and **1 tsp olive oil** in a large bowl and season with **salt and pepper**. Add the cucumber, tomato and parsley and toss to combine.



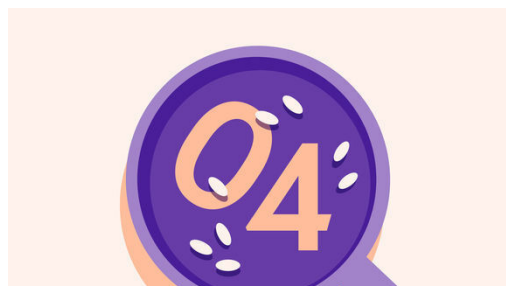
### 2. Soak couscous

Put the **couscous** in a large heatproof bowl, add **1 tsp olive oil**, pour over **200ml boiling water** and cover with a plate. Stand for 5 mins or until the water is absorbed. Add **half the Greek seasoning**, season with **salt and pepper**, then fluff the couscous with a fork.



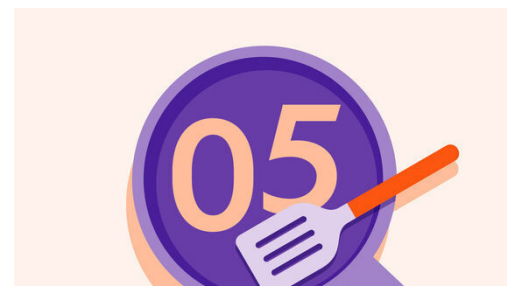
### 3. Cook steaks

Meanwhile, drizzle the **steaks** with **1 tbs olive oil**, scatter over the **remaining Greek seasoning** and season with **salt and pepper**. Heat a medium frypan over high heat until hot (see Kitchen 101). Reduce the heat to medium-high and cook the steaks, turning regularly, for 4-6 mins for medium-rare, or until cooked to your liking. Remove from the pan and rest for 3 mins.



### 4. Make garlic hummus

Heat **2 tsp olive oil** in a small saucepan over medium-high heat. Cook the **garlic**, stirring, for 30 secs or until fragrant. Remove the pan from the heat. Combine the **garlic oil** and **hummus** in a bowl. Taste, then season with **salt and pepper**.



### 5. Serve up

Slice the **steaks**. Divide the **couscous**, steak, **cucumber salad** and **garlic hummus** among bowls and enjoy!



### 6. Kitchen 101

It's important to have the pan very hot before adding the beef, otherwise it may stew slightly and become tough. To ensure tender beef, it's also important to slice the steak against the grain.