



HelloFresh.com.au

hello@hellofresh.com.au | (02) 8188 8722

WK29
2016



Warm Steak & Lentil Delight Salad

If you have previously avoided lentils, don't be so quick to dismiss this dish. We've paired them with bold cumin, roasted carrots and creamy feta to make an incredibly tasty and nutritiously sound side. It's the perfect accompaniment to a juicy steak and a cheeky glass of red wine!



Prep: 10 mins

Cook: 30 mins

Total: 40 mins



level 1



high
protein



high fibre

Pantry Items



Olive Oil



Carrot



Premium Beef
Rump



Red Onion



Cumin



Lentils



Lemon



Parsley



Fetta Cheese



Baby Spinach

JOIN OUR PHOTO CONTEST



#HelloFreshAU

2P	4P	Ingredients
2	4	carrots, peeled & cut into batons
1 ½ tbs	3 tbs	olive oil *
1 steak	2 steaks	premium beef rump
½	1	red onion, finely sliced
1 tsp	2 tsp	cumin (recommended amount)
1 tin	2 tins	lentils, drained & rinsed
½	1	lemon, juiced
½ bunch	1 bunch	parsley, finely chopped
1 block	2 blocks	fetta cheese, crumbled
1 bag	2 bags	baby spinach, washed

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2240	Kj
Protein	50.9	g
Fat, total	25.5	g
-saturated	8.9	g
Carbohydrate	20	g
-sugars	9.9	g
Sodium	450	mg

2



You will need: vegetable peeler, chopping board, chef's knife, sieve, oven tray lined with baking paper, medium frying pan, plate, aluminium foil, and a medium bowl.

1 Preheat the oven to **200°C/180°C** fan-forced.

2 Toss the **carrot** in half of the **olive oil** and place in a single layer on the lined oven tray. Season with **salt** and **pepper**. Cook in the oven for **25-30 minutes** or until the carrot is tender and golden.

3 Meanwhile, heat half of the remaining olive oil in a medium frying pan over a medium-high heat. Season the **premium beef rump steak** with salt and pepper. Add the steak to the hot pan and cook for **2-3 minutes** on each side for medium rare, or until cooked to your liking. Cooking times may vary depending on the thickness of your steak. Remove the steak from the pan, place on a plate and cover with foil. Rest for **5 minutes** and then cut into 5 mm thick slices.

Tip: Resting your steak is an important part of the cooking process. It ensures your steak is delicious and tender. Don't be tempted to skip this step!

4 While the steak is resting, heat the remaining olive oil in the same frying pan over a medium-high heat. Add the **red onion** and cook, stirring, for **3 minutes** or until the red onion is soft. Add the **cumin** and cook, stirring, for **1 minute**, or until fragrant. Add the **lentils** and cook, stirring, until heated through. Add the **lemon juice** and then remove from the heat and transfer to a medium bowl.

5 Add the roasted carrot, **parsley**, **fetta cheese** and **baby spinach** to the lentil mixture and toss to combine well. Season to taste with salt and pepper. Toss through the steak slices.

6 Divide the steak, carrot and lentil salad between plates. Garnish with extra parsley if you like.

3a



3b



4

