



Steak and Roast Zucchini Salad

(10 lunches or serves 6 for dinner)

Ingredients

- 1.4kg rump steak
- 1 teaspoon dried Greek oregano
- 3 medium zucchini, cut into 1cm slices
- ½ teaspoon sumac & ½ teaspoon smoked paprika
- 1 tablespoon extra virgin olive oil
- 1 red onion, finely chopped
- 2 cups combination of dried beans, lentils, quinoa (I use the McKenzie's brand here in Australia)
- 6 cups water
- 1 cup roughly chopped parsley
- 3 tablespoons pepitas, toasted
- 3 tablespoons sunflower seeds, toasted
- ¼ cup extra virgin olive oil & ¼ cup fresh lemon juice
- 1/3 cup full fat Greek yoghurt
- ¼ teaspoon ground cumin
- Lemon cheek wedges, to serve
- Sea salt flakes and freshly ground black pepper, to taste

Method

1. Preheat the oven to 180C.
2. Take the meat out of the fridge and allow it to sit on the bench for about half an hour before cooking.
3. In the meantime, place the zucchini, sumac, paprika and 1 tablespoon of oil in a medium bowl, season with salt and pepper and mix together. Lay in a flat layer on a baking tray and pop in the oven for 30 minutes.
4. In the meantime place the water in a medium saucepan, add 1 teaspoon salt and, once the water is boiling, add the grains. Lower the heat to medium heat, cover and simmer for about 20 minutes before draining well.
5. Place the onion in a medium bowl and cover with the still hot, yet drained, grains as this will cook the onions a little and allow to cool. Add the roasted zucchini, parsley, pepitas and sunflower seeds and toss everything together.
6. To cook the meat to medium, place a dry frypan over high heat and allow the pan to become sizzling hot. Season the meat with salt, pepper and the teaspoon of dried oregano. Add the meat to the pan, turn the heat down to a medium heat and cook the one side for about 5 minutes, making sure not to turn or fiddle at all with the steak. Then turn the steak over and cook the other side for 4 minutes. Take the steak out of the pan onto a plate, cover loosely with foil and allow to rest for 10 minutes.
7. To make the cumin yoghurt, stir the yoghurt and cumin together and set aside.

Meal prep

Place the ¼ cup olive oil, lemon juice, salt and pepper (to taste) in a small jar and shake well to combine. Separate the dressing into small pots to add to the salad just before eating. Also separate the cumin yoghurt into separate small pots. Slice the steak into 1cm thick slices. Place about 100g of the meat into separate containers, add about 150g grain salad, a dressing pot, a yoghurt pot and a small wedge of fresh lemon to the container then seal to enjoy as meal prep.

Family meal

Place the ¼ cup olive oil, lemon juice, salt and pepper (to taste) in a small jar and shake well to combine. Pour the dressing over the salad, toss it all together and place it in a serving plate. Place the cumin yoghurt in a small serving bowl. Slice the steak into 1cm thick slices, place in its serving plate, scatter lemon cheeks around the plate and serve alongside the grain salad and cumin yoghurt.