



More Than Food
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Sumac and Sesame Crusted Steak with Tomato Chickpea Mash and Green Beans

Steak is pretty good, but here we've made it even better with a delicious crust of sesame and sumac! Our top tip on cooking steak is to get the pan roasting hot before laying in the steak ... when we say hot, WE MEAN HOT.



Sumac (4 tsp)



Sesame Seeds (2 tbsp)



Flank Steak (2)



Echalion Shallot (1)



Vine Tomato (2)



Mint (½ bunch)



Garlic Clove (1)



Green Beans (1 pack)



Organic Chickpeas (1 tin)



Water (100ml)




Lemon (½)

2 PEOPLE INGREDIENTS

- Sumac
- Sesame Seeds
- Flank Steak
- Echalion Shallot, sliced
- Vine Tomato, chopped
- Mint, sliced

- 4 tsp
- 2 tbsp
- 2
- 1
- 2
- ½ bunch

- Garlic Clove, grated 1
- Green Beans 1 pack
- Organic Chickpeas 1 tin
- Water 100ml
- Lemon ½

 Our fruit and veggies may need a little wash before cooking!

Did you know...

The sumac plant can last for 30-50 years in the wild ... WOW!

Allergens: Sesame.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	550 kcal / 2650 kJ	17 g	4 g	60 g	10 g	57 g	0 g
Per 100g	102 kcal / 492 kJ	3 g	1 g	11 g	2 g	1 g	0 g



1 Put three-quarters of the **sumac** into a large bowl with the **sesame seeds** and add a good splash of **oil**. Mix together, then remove half the **mixture** to another bowl for later. Season the **steak** with a pinch of **salt** and **pepper** on both sides. Put the **steak** in the large bowl with the **sumac** and **sesame seeds**. Mix around so the each **steak** gets a nice coating of the **mixture**. Leave to the side while you get on with everything else.



2 Cut the **shallot** in half through the root, peel then slice into half moon shapes. Chop the **tomato** into roughly 2cm pieces. Pull the **mint** leaves off their stalks and finely slice them. Peel and grate the **garlic** (or use a garlic press if you have one). Cut the very tops and bottoms off the **green beans**. Drain and rinse the **chickpeas** in a colander.



3 Put a pot of water on to boil with a pinch of **salt**. Put a frying pan on medium heat and add a drizzle of **oil** and your **chickpeas**. Throw in your leftover **sumac** (not the sumac sesame mixture) and mix together. Cook for 4 mins, then add your **shallot, tomato** and **garlic** to the pan along with a pinch of **salt** and a good grind of **black pepper**. Stir and cook for another 4 mins until your **shallot** and **tomato** have softened.

4 Add the **water** to the pan (as specified in the ingredient table above) along with your sliced **mint**. Cook for 3-4 mins until the water has evaporated slightly, then remove the pan from the heat and squeeze in the **lemon juice**. Get a masher (or a fork!) and lightly crush your **chickpea mixture** (you don't want it too crushed!). Remove your **chickpea mash** to a bowl (we will warm it through later).



5 Put your **beans** in the boiling water and cook for 4-5 mins, then drain in a colander.

6 Meanwhile, wash your frying pan, then dry and put on very high heat. Leave the pan to get REALLY hot, then lay in your **steak** and cook for 3 mins on each side. **Tip:** We like our steaks cooked medium rare but if you want yours a little more well done, just cook for another couple of mins on each side. Remove your **steak** to a chopping board, cover with tinfoil and allow to rest for 5 mins. Keep the pan for later. **Tip:** The steak should be slightly charred on the outside which will really add to the flavour!

7 While your **steak** is resting, pop your drained **beans** into the frying pan (no need to wash), along with your leftover **sumac sesame mixture** and cook on medium heat for 2-3 mins, then remove the **beans** from the pan.

8 Now put your **chickpea mash** back into the frying pan on medium heat and cook until it has warmed through thoroughly, then remove from the heat. Taste to check the seasoning and add a pinch more **salt** or **black pepper** if you feel it needs it.

9 Slice your **steak** against the grain (this will make it more tender), into 1cm wide slices and serve with your **chickpea mash** and your **beans**. Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!