

# Mustard Steaks with Layered Veggie Bake

No. of Serves: 4



## Ingredients

- Olive-oil spray
- 3 large potatoes, thinly sliced
- 500g pumpkin, peeled, seeded, thinly sliced
- 2 baby fennels, trimmed, thinly sliced
- 2 large zucchinis, thinly sliced
- 3 vine-ripened tomatoes, thinly sliced
- 1 1/2 tbsp. chopped thyme leaves
- 1/4 cup gluten-free, reduced salt vegetable stock
- 1/4 cup finely grated parmesan
- 1 tbsp. wholegrain mustard
- 1 tbsp. chopped flat-leaf parsley
- 4 x 125g fillet steaks, trimmed
- 2 cups baby rocket to serve

## Nutrition Information (per serve)

Energy	1678kj (401 calories)
Protein	38.8g
Total Fat	9.9g
Carbohydrates	32.3g
Saturated Fat	4.4g
Sugars	14.8g
Dietary Fibre	10.5g
Sodium	320mg

## Method

1. Preheat oven to 160°C. Spray ovenproof dish with a light coating of olive oil. Layer slices of potato, pumpkin, fennel, zucchini and tomato in prepared dish. Sprinkle thyme between layers and finish with a layer of potatoes.
2. Pour vegetable stock carefully over vegetables. Cover dish with foil and bake for 1 hour. Remove foil, sprinkle vegetables with parmesan and bake (uncovered) for 15-20 minutes. Remove dish from oven and rest for 5 minutes.
3. Meanwhile, combine mustard and chopped parsley in a small bowl. Set a large non-stick frying pan over high heat and spray with olive oil. Add steaks and cook for 2-3 minutes per side.
4. Turn steaks and spread mustard mixture onto cooked sides. Cook for another 2-3 minutes or until done to your liking. Remove steaks from pan, cover loosely with a sheet of foil to keep warm and leave to rest for approximately 3 minutes before serving.

**WESTERN SYDNEY**  
UNIVERSITY

