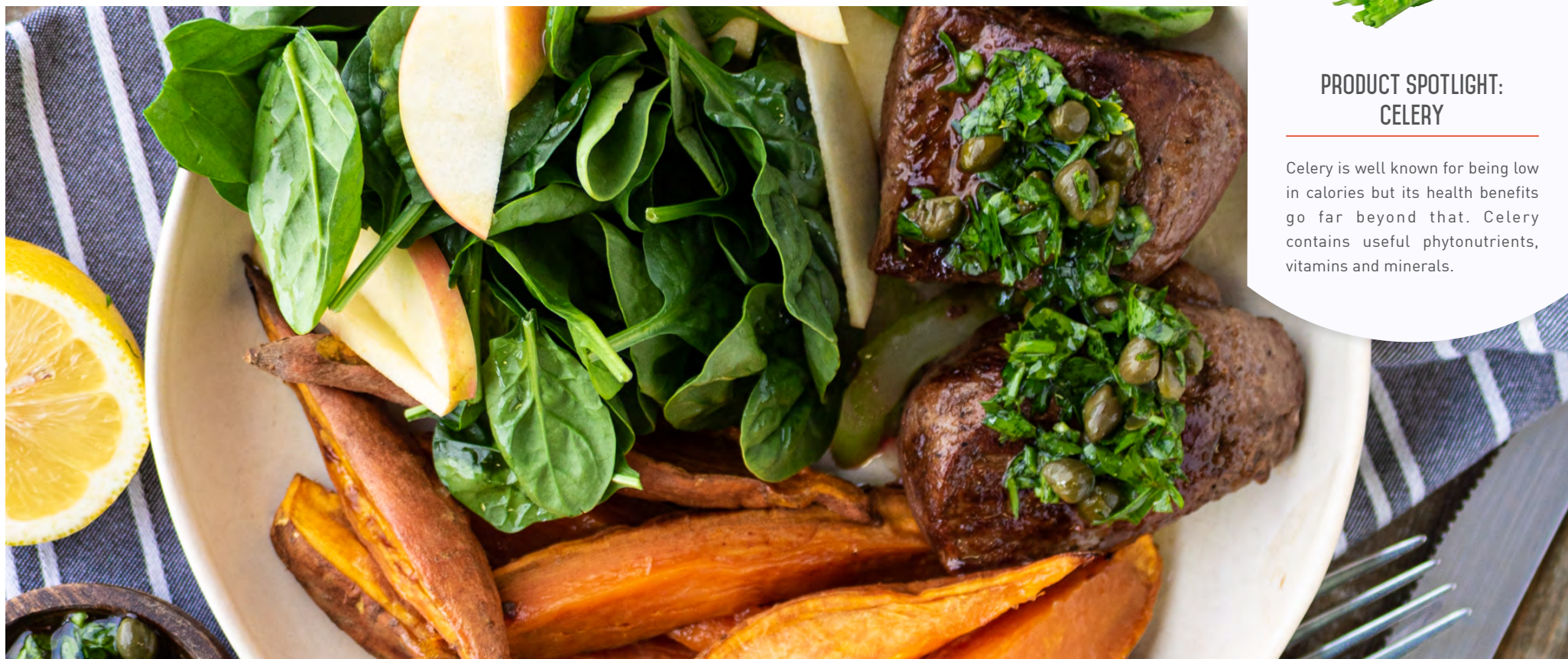




DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: CELERY

Celery is well known for being low in calories but its health benefits go far beyond that. Celery contains useful phytonutrients, vitamins and minerals.

3. STEAK & WEDGES

WITH SALSA VERDE

 20 Minutes

 2 Servings

Golden sweet potato wedges served with perfectly cooked steak, apple and spinach salad, finished with a drizzle of salsa verde.

FROM YOUR BOX

SWEET POTATOES	400g
PARSLEY	1/2 bunch *
BABY CAPERS	1/2 jar *
LEMON	1
BEEF RUMP STEAKS	300g
RED APPLE	1
CELERY STICK	1
BABY SPINACH	1/2 bag (100g) *

* Ingredient also used in another recipe

FROM YOUR PANTRY

olive + oil for cooking, salt, pepper, honey

KEY UTENSILS

oven tray, frypan

NOTES

Serve with any other favourite sauce or relish of choice! Reserve any remaining salsa verde covered in the fridge for another day.

No beef option - beef rump steaks are replaced with chicken schnitzels. Increase cooking time to 4-6 minutes on each side or until cooked through.



1. ROAST THE SWEET POTATOES

Set oven to 220°C.

Cut sweet potatoes into wedges. Toss with **oil and salt** on a lined oven tray. Roast for 18-20 minutes or until tender and golden.



2. MAKE THE SALSA VERDE

Roughly chop parsley, drain and rinse capers. Combine with lemon juice, **1/3 cup olive oil and 1/2 tsp honey**. Season with **salt and pepper** to taste.



3. COOK THE STEAKS

Heat a frypan over medium-high heat. Halve steaks (optional) and toss with **oil, salt and pepper**. Cook for 3-4 minutes on each side or until cooked to your liking.



4. PREPARE THE SALAD

Slice apple and celery. Toss with baby spinach in a bowl. Dress with **olive oil** (optional).



5. FINISH AND SERVE

Serve roasted sweet potatoes and steaks with salad and salsa verde.