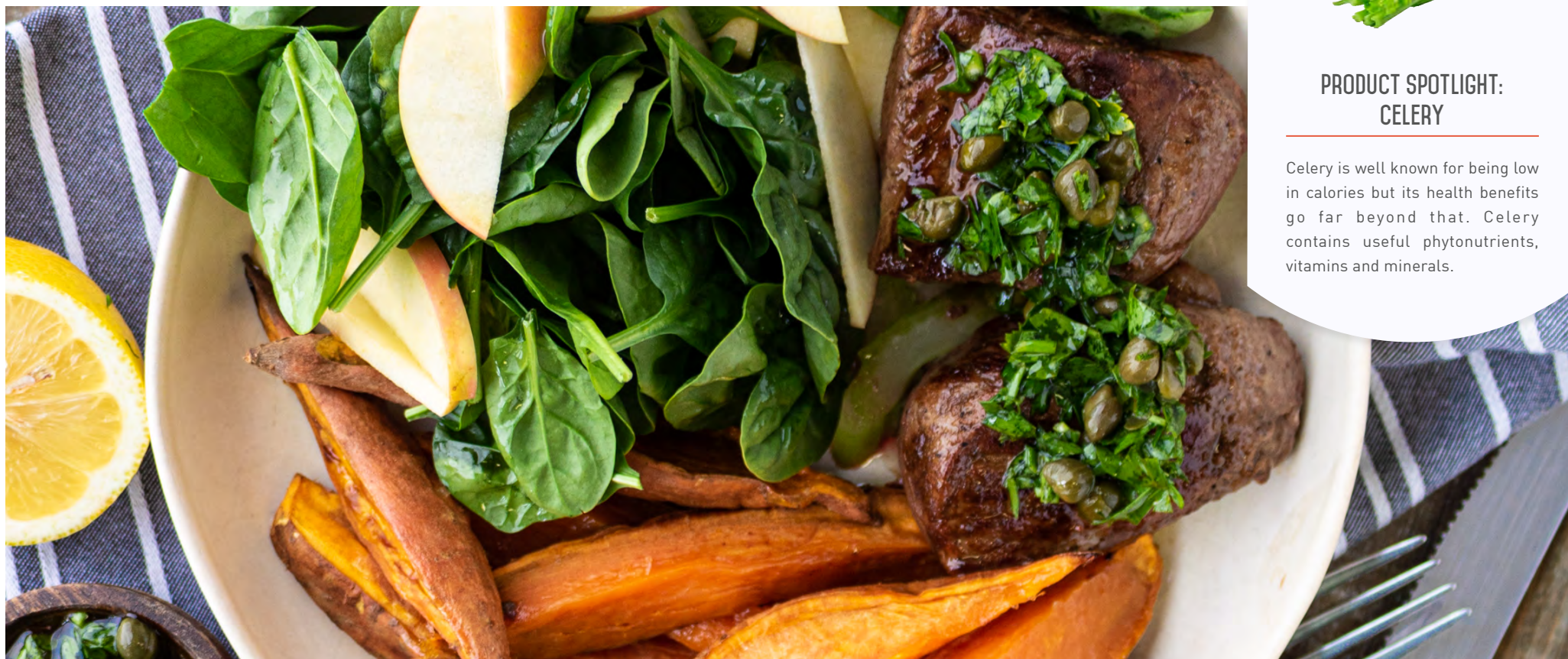




DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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

 4 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	800g
PARSLEY	1/2 bunch *
BABY CAPERS	1/2 jar *
LEMON	1
BEEF RUMP STEAKS	600g
RED APPLE	1
CELERY STICKS	2
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, large frypan

NOTES

Serve with any other favourite sauce or relish of choice!

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.

How did the cooking go? We'd love to know - help us by sharing your thoughts!
Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

