



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: CANNELLINI BEANS

Cannellini beans are large white beans with a mellow flavour. They are low-fat, high-protein, fibre rich, vitamin and mineral dense food.

4. BBQ STEAK

WITH AVOCADO SALSA

 30 Minutes

 4 Servings

The perfect BBQ dinner! Beef bolar blade steaks with rosemary, fresh corn and avocado salsa alongside a herby white bean hummus.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
58g	43g	32g

FROM YOUR BOX

AVOCADO	1
GREEN CAPSICUM	1
TOMATOES	2
CORN COBS	2
ROSEMARY	1 sprig
BEEF BOLAR BLADE STEAK	800g
CANNELLINI BEANS	2 x 400g
BASIL	1/2 packet *
LEMON	1/2 *

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, red wine vinegar, garlic (1 small clove)

KEY UTENSILS

stick mixer or blender, frypan/griddle pan or BBQ

NOTES

For a charred corn salsa, cook the corn on the BBQ or griddle pan first.

If you have any leftover natural yoghurt you can add some to the hummus for extra creaminess.

No beef option - beef bolar blade steaks are replaced with chicken schnitzels. Cook for to 4-5 minutes on each side or until cooked through.



1. PREPARE THE SALSA

Dice the avocado, capsicum and tomatoes. Remove corn from cobs (see notes). Toss all together with **1 tbsp red wine vinegar** and **1 tbsp olive oil**. Season with **salt and pepper**.



2. COOK THE STEAK

Chop rosemary leaves to yield 1/2 tbsp. Rub over steaks with **oil, salt and pepper**. Heat a griddle pan or BBQ over high heat. Cook steaks for 4-6 minutes each side or to your liking. Set aside to rest.



3. MAKE THE WHITE BEAN HUMMUS

Drain and rinse the beans. Roughly chop basil leaves and **1 small garlic clove**. Blend together with lemon juice and **1/4 cup olive oil**. Season to taste with **salt and pepper**.



4. FINISH AND PLATE

Slice rested steaks and divide among plates with hummus and salsa.

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.

