



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: PEANUT BUTTER

Pic's award-winning peanut butter is made from fresh roasted peanuts in Nelson, New Zealand, and is perfect for our homemade satay sauce!

4. SATAY BEEF STEAK WITH CUCUMBER SALAD

 30 Minutes

 4 Servings

Seared beef rump steaks with a creamy peanut satay sauce, fresh cucumber salad and fragrant red rice.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
47g	18g	58g

24 February 2020

FROM YOUR BOX

RED RICE	300g
LIME	1
COCONUT MILK	165ml
PEANUT BUTTER	2 slugs
BEEF RUMP STEAKS	600g
RADISHES	1/3 bunch *
CONTINENTAL CUCUMBER	1
RED CAPSICUM	1
CORIANDER	1/2 packet *

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), soy sauce (or tamari), ground cumin

KEY UTENSILS

saucepan, small saucepan, frypan or griddle pan

NOTES

Dress the salad with rice wine vinegar and sesame oil if desired.

No beef option - beef rump steaks are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side or until cooked through.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes until tender. Drain and rinse.



2. MAKE THE SATAY SAUCE

Add 1/2 the lime zest and juice (wedge remaining), coconut milk and peanut butter in a small saucepan over medium heat. Whisk until combined and thickened. Stir in **1 tbsp soy sauce**. Remove from heat and set aside.



3. COOK THE STEAK

Heat a frypan or griddle pan over high heat. Coat steaks with **1 tsp cumin**, **1 tbsp oil** and **1 tbsp soy sauce**. Cook for 3-4 minutes each side or to your liking. Set aside to rest.



4. PREPARE THE SALAD

Slice radishes and ribbon cucumber. Slice capsicum and roughly chop coriander. Toss to combine.



5. FINISH AND PLATE

Slice steaks and divide among plates along with rice, salad and satay sauce. Serve with lime wedges.