



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: NATURAL YOGHURT

Made with probiotic bacterial cultures, yoghurt is useful for a healthy digestive system. The Greek-style variety is thicker and contains more protein than other yoghurts.



4. SPICED LENTILS WITH BEEF RUMP & YOGHURT SAUCE

 35 Minutes

 4 Servings

Tender beef rump steaks served with spiced lentils and beetroot and finished with a creamy mint yoghurt dressing.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
54g	23g	43g

30 March 2020

FROM YOUR BOX

BEETROOTS	3
MINT	1/2 bunch *
NATURAL YOGHURT	1 cup *
BEEF RUMP STEAKS	600g
BROWN ONION	1/2 *
BROWN LENTILS	2 x 400g
SUGAR SNAP PEAS	1/2 bag (125g) *
CONTINENTAL CUCUMBER	1/2 *

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), salt, pepper, ground coriander, garam masala, balsamic vinegar

KEY UTENSILS

frypan, stick mixer or blender

NOTES

Allow the steaks to rest before slicing. This will help keep the meat tender and juicy.

No beef option - beef rump steaks are replaced with chicken breast fillets. Cut chicken into schnitzels. Cook in frypan over medium-high heat for 4-6 minutes each side or until cooked through.



1. ROAST THE BEETROOTS

Set oven to 220°C.
Trim and wedge the beetroots. Toss on a lined oven tray with **1 tsp ground coriander, oil, salt and pepper**. Roast in oven for 20 minutes or until cooked through.



2. PREPARE THE DRESSING

Roughly slice mint leaves. Blend together with yoghurt until smooth. Season with **salt and pepper** to taste



3. COOK THE BEEF RUMP STEAKS

Heat a frypan over medium-high heat. Coat steaks with **1 tsp ground coriander, oil, salt and pepper**. Cook for 3-4 minutes each side or until cooked to your liking. Remove to a plate to rest.



4. SAUTÉ THE LENTILS

Reduce pan heat to medium. Slice onion. Add to frypan with **oil, 1/2 tbsp garam masala and 1/2 tbsp balsamic vinegar**. Drain and add lentils. Cook for 5-8 minutes until fragrant, add more oil if needed. Transfer to a large bowl.



5. TOSS THE LENTILS

Trim and slice sugar snap peas. Dice cucumber. Wedge beetroots. Toss through lentils. Season with **salt and pepper**.



6. FINISH AND PLATE

Divide lentils and beetroot among plates. Slice steaks and serve with yoghurt dressing.