



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: PEPITA SEEDS

Pepita seeds (pumpkin seeds) are a very rich source of the mineral zinc. This is an essential mineral with a long list of health benefits such as healing, growth, development and immune function.



4. SWEET POTATO GOODNESS BOWL WITH BEEF STEAKS

Golden cubes of sweet potato with sesame scrunched kale, creamy avocado and sweet apple all in a bowl, finished with a dijon dressing and beef rump steak.

 30 Minutes

 2 Servings

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
45g	51g	44g

FROM YOUR BOX

SWEET POTATOES	400g
AVOCADO	1
RED APPLE	1
SNOW PEA SPROUTS	1/3 punnet *
KALE	1/2 bunch *
PEPITA SEEDS	1 packet (40g)
BEEF RUMP STEAKS	300g
KIMCHI	1/4 jar *

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil + sesame oil, salt, pepper, apple cider vinegar, dijon mustard

KEY UTENSILS

oven tray, frypan

NOTES

For a warmer dish alternative you can roast the apple and sauté the kale.

Coat the beef steaks in ground cumin if you have some.

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. ROAST THE SWEET POTATOES

Set oven to 220°C.

Dice sweet potatoes and toss with **oil, salt and pepper** on a lined oven tray. Roast for 20-25 minutes or until cooked through.



4. TOAST THE SEEDS

Toast pepitas in a frypan over medium-high heat for 1-2 minutes, or until golden. Remove and reserve pan.



2. PREPARE THE VEGETABLES

Wedge avocado and dice apple (see notes). Slice snow pea sprouts. Set aside.

Thinly slice kale leaves and place in a large bowl. Add **1 tsp sesame oil** and **salt**. Use hands to scrunch the leaves until soft and tender.



5. COOK THE STEAKS

Coat steaks with **oil, salt and pepper**. Cook for 3-4 minutes each side or to your liking.



3. MAKE THE DRESSING

Whisk together **1 tsp dijon mustard, 2 tsp vinegar, 1 tbsp sesame oil** and **1 tbsp water**. Season with **salt and pepper**.



6. FINISH AND PLATE

Arrange sweet potatoes, vegetables and kimchi (use to taste) among bowls. Slice and add steak. Spoon over dressing and scatter with pepita seeds.