



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

 4 Servings

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
39g	32g	42g

## FROM YOUR BOX

SWEET POTATOES	800g
AVOCADO	1
RED APPLES	2
KALE	1/2 bunch *
PEPITA SEEDS	1 packet (40g)
BEEF RUMP STEAKS	600g
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 beef steaks in ground cumin for extra spice!

**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

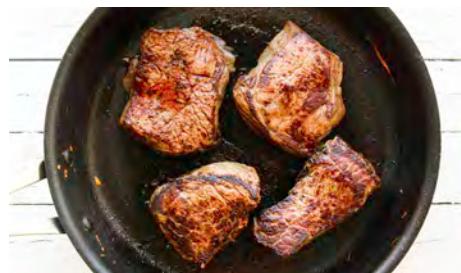
Toast pepitas in a frypan over medium-high heat for 1-2 minutes, or until golden. Remove and reserve pan.



### 2. PREPARE THE VEGETABLES

Wedge avocado and dice apples (see notes). Set aside.

Thinly slice kale leaves and place in a large bowl. Add **1/2 tbsp 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** (see notes). Cook for 3-4 minutes each side or to your liking.



### 3. MAKE THE DRESSING

Whisk together **1 tsp dijon mustard, 1 tbsp vinegar, 2 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.