



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

 2 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
62g	30g	54g

30 March 2020

## FROM YOUR BOX

BEETROOTS	2
MINT	1/2 bunch *
NATURAL YOGHURT	1 cup *
BEEF RUMP STEAKS	300g
SHALLOT	1
BROWN LENTILS	400g
SUGAR SNAP PEAS	1/2 bag (75g) *
CONTINENTAL CUCUMBER	1/3 *

\* 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, oven tray

## 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 shallot. Add to frypan with **oil, 1 tsp garam masala and 1 tsp 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. Toss through lentils and cooked beetroot. Season with **salt and pepper**.



### 6. FINISH AND PLATE

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

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.

