B2

DINNER TWIST
LOCAL, HEALTHY, DELIVERED

For the Little Ones

Tomato Sauce

Cucumber & Tomato

Potato & Steak Pieces

Family Steak Night

Grilled beef steaks served with golden crispy potato, fresh salad and a dollop of garlic & parsley butter.

35 Minutes | Beef | 2 Servings

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	14g	38g

FROM YOUR BOX

BABY POTATOES	500g
GARLIC CLOVE	1
PARSLEY	1 packet
FESTIVAL LETTUCE	1
CHERRY TOMATOES	200g
LEBANESE CUCUMBER	1
BEEF STEAKS	300g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, butter

COOKING TOOLS

oven tray, frypan or BBQ

Use the garlic & parsley butter to make garlic bread, or slice the steaks and serve them in crusty rolls with salad for a tasty steak sandwich twist.

Before you start cooking!
Wash your veggies and set out all ingredients, pans, chopping board and knife.

1. ROAST THE POTATOES

Set oven to 220°C.

Chop **potatoes** and toss on a lined tray with **oil, salt and pepper**. Roast for 25–30 minutes, until golden and crispy.

tip *Add fresh or dried herbs before roasting such as rosemary or thyme.*

2. MAKE THE GARLIC BUTTER

Dice **30g butter**, crush **garlic** and finely chop **parsley.** Mash together with **1/2 tbsp olive oil** and **salt** until combined. Set aside for serving.

tip *You can skip the parsley, and use it for garnish if preferred!*

3. PREPARE THE SIDE SALAD

Trim and rinse **lettuce** leaves. Halve **tomatoes** and slice **cucumber.** Arrange in a serving bowl or platter.

tip *Dress side salad with olive oil and vinegar of choice if you like.*

4. COOK THE STEAKS

Rub **steaks** with **oil, salt and pepper**. Heat a frypan/BBQ over medium-high heat. Cook for 2–3 minutes each side (or to your liking). Set aside to rest.

tip *Add a fresh or dried herb for extra flavour! We added dried tarragon (1/2 tsp).*

5. FINISH AND SERVE

Slice the **steaks** (allow to rest 5 minutes).

Serve with **crispy potatoes, salad and garlic butter.**

tip *Serve with tomato relish, mustard or a drizzle of BBQ sauce for an extra flavour kick.*