

for the  
little onestomato &  
capsicum

cucumber

Steak Bites &amp; Rice



# SouVLaki Mini Steaks



30 Minutes



2 Servings



Beef

Juicy, garlic and rosemary beef steaks served with rice, tzatziki, and fresh salad veggies. A delicious, family-friendly Mediterranean style meal everyone will love!

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## FROM YOUR BOX

ROSEMARY SPRIG	1
GARLIC CLOVES	2
BEEF STEAKS	300g
BASMATI RICE	150g
LEBANESE CUCUMBER	1
NATURAL YOGHURT	1 tub
TOMATO	1
GREEN CAPSICUM	1

## FROM YOUR PANTRY

oil/butter for cooking, salt, pepper

## COOKING TOOLS

frypan or BBQ, saucepan

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.

### Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.



### 1. HALVE & SEASON THE STEAKS

Chop **rosemary** leaves and crush **1 garlic clove**. Trim and halve **steaks**. Toss together with **oil, salt and pepper**.

**tip** You can leave the steaks whole if you prefer! If rosemary is too fragrant - you can use 1-2 tsp dried oregano.



### 4. PREPARE SALAD INGREDIENTS

Wedge **tomato**, slice **capsicum** and remaining **cucumber**. Toss or arrange in a bowl.

**tip** Dress salad with olive oil & vinegar if you like!



### 2. COOK THE RICE

Place **rice** in a saucepan, cover with **300ml water**. Bring to a boil, cover with a lid and reduce heat to medium-low. Cook for 10-15 minutes or until water is absorbed.

**tip** Use a rice cooker if you have one!



### 5. COOK THE STEAKS

Heat BBQ or frypan with **oil/butter** over medium-high heat. Add mini steaks and cook for 2-3 minutes on each side or until cooked to your liking.

**tip** Ensure the steaks sear on each side before turning them over.



### 3. MAKE THE TZATZIKI

Meanwhile, roughly grate **1/2 cucumber**. Combine with **yoghurt** and crushed **garlic clove**. Season with **salt and pepper** to taste. Set aside in the fridge until serving.

**tip** For a milder tzatziki you can use 1/2 a garlic clove.



### 6. FINISH AND SERVE

Serve steaks with rice, salad and tzatziki.