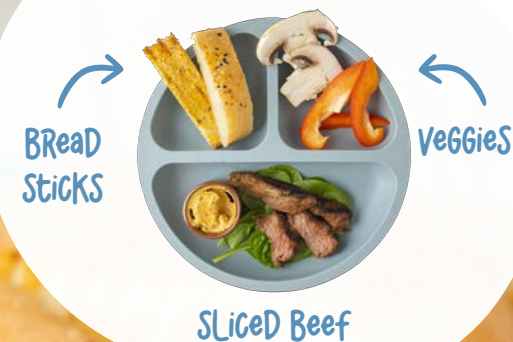


for the
little ones

cowBoy Steak SANDWich

BBQ'd steaks with veggies and cowboy cream cheese spread tucked into warm Turkish rolls. A fun, hands-on dinner!



30 Minutes



Beef



4/6 Servings

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FROM YOUR BOX

	4 PERSON	6 PERSON
CREAM CHEESE	140g	2 x 140g
COWBOY SPICE MIX	1 packet	2 packets
BROWN ONION	1	2
RED CAPSICUM	1	2
MUSHROOMS	150g	2 x 150g
BEEF STEAKS	600g	600g + 300g
TURKISH ROLLS	4	6
BABY SPINACH	60g	2 x 60g

FROM YOUR PANTRY

oil for cooking, salt, pepper

COOKING TOOLS

large frypan, BBQ (optional)

Serve with some roasted wedges or grilled corn if you like.

Cowboy Spice Mix: smoked paprika, sweet paprika, garlic powder, onion powder, turmeric, cumin, celery salt, parsley and salt flakes.

No gluten option – Turkish rolls are replaced with GF Turkish rolls.



1. Make the cowboy SPREAD

Combine **cream cheese** with **1 tbsp cowboy spice mix** in a bowl. Mix until smooth.

6P – use 2 tbsp spice mix and 2 tubs cream cheese.

tip Leave some cream cheese plain if the kids prefer a milder flavour,



4. WARM the ROLLS

Halve **Turkish rolls** and place cut-side down on the BBQ for 1–2 minutes, until lightly toasted.



2. COOK the VEGETABLES

Heat **oil** in a frypan over medium heat. Slice and add **onion**, cooking for 2–3 minutes to soften. Slice **capsicum** and **mushrooms**, add to pan, and cook a further 5–7 minutes until **vegetables** are softened and lightly golden. Season with **salt and pepper**.



5. BUILD the SANDWICHES

Spread each side of the **Turkish rolls** with **cowboy cream cheese**.

tip You can melt the cream cheese to create a cheesy sauce if you prefer!



3. BBQ the STEAKS

Heat the BBQ to medium-high. Toss **steaks** with **oil** and **2 tsp cowboy spice mix**. Grill 2–4 minutes on each side or until cooked to your liking.

6P – add 1 tbsp spice mix for steaks.

tip You can cook the steaks in the frypan after the veggies if you prefer!



6. FINISH AND SERVE

Slice steaks.

Layer **baby spinach**, **veggies** and **sliced steak** in each roll. Dollop with any remaining **cowboy spread**. Serve while warm at the table.

tip Add any other favourite ingredients such as avocado, tomato or cheese.