

for the
little onestomato &
capsicum

cucumber

Steak Bites & Rice



Souvlaki Mini Steaks



30 Minutes



4 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	600g
BASMATI RICE	300g
LEBANESE CUCUMBER	2
NATURAL YOGHURT	1 tub
TOMATOES	2
GREEN CAPSICUM	1

FROM YOUR PANTRY

oil/butter for cooking, salt, pepper

COOKING TOOLS

large 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 **tomatoes**, 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 **600ml 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 a BBQ or large 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 **1/2-1 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.