



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Oregano


Fresh oregano has a fragrant woody flavour and is commonly found in Mediterranean cooking. It sometimes can be sandy so we recommend rinsing the leaves before using.



4 Beef Souvlaki Bowl with Charred Veggies

A bowl of oregano dressed millet topped with smoky beef strips and charred veg, finished with crumbled feta cheese.

 30 minutes

 4 servings

 Beef

3 August 2020

Spice it up!

Add some crushed garlic or dried thyme to the veggies for added flavour. For extra smokiness, cook the veggies and beef on the BBQ.

Per serve: **PROTEIN** 53g **TOTAL FAT** 38g **CARBOHYDRATES** 44g

FROM YOUR BOX

MILLET	1 packet (200g)
RED ONION	1
YELLOW SQUASH	5
GREEN CAPSICUM	1
CHERRY TOMATOES	1 bag (200g)
OREGANO	1 packet
LEMON	1/2 *
BEEF STIR-FRY STRIPS	600g
FETA CHEESE	1/2 packet *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, tomato paste, smoked paprika

KEY UTENSILS

frypan or griddle pan, saucepan, oven tray

NOTES

For added flavour, cook the millet with a crumbled stock cube or toss with olive oil, salt and pepper at the end.

Cook the vegetables and beef strips on a grill pan or BBQ if preferred.

No beef option – beef strips are replaced with **chicken stir fry strips**. Increase cooking time to 6–8 minutes or until cooked through.



1. COOK THE MILLET

Set oven to 220°C.

Place millet in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes, or until tender. Drain and rinse (see notes).



2. ROAST THE VEGGIES

Wedge the onion and squash. Thickly slice capsicum. Toss together with tomatoes, 1/2 the oregano leaves, **oil, salt and pepper**. Roast for 25 minutes until charred.



3. PREPARE THE DRESSING

Roughly chop remaining oregano leaves. Whisk together with lemon juice and **3 tbsp olive oil**. Season with **salt and pepper**. Set aside.



4. PREPARE THE BEEF

Toss beef with **2 tsp smoked paprika, 1 tbsp tomato paste, 2 tbsp oil, salt and pepper**.



5. COOK THE BEEF

Heat a frypan or griddle pan over high heat. Cook beef (in batches) for 2–3 minutes or until cooked to your liking.



6. FINISH AND PLATE

Divide millet, veggies and beef into bowls. Crumble over feta cheese and spoon over dressing.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

