



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Green apple

It is best to leave the skin on when eating apples and pears. Their skin contains an abundance of beneficial nutrients!



C2

## Asian Beef Steaks

with Apple Slaw and Sweet Potato Chips

A vibrant and delicious dish featuring grass-fed beef steaks from Dirty Clean Foods, fresh apple coleslaw and sweet potato chips, finished with a sweet soy dressing and fried shallots.



30 minutes



2 servings



Beef

21 October 2022

## Change the sauce!

*For a creamier sauce, you can combine chopped coriander with mayonnaise or sweet chilli sauce with mayonnaise.*

## FROM YOUR BOX

SWEET POTATOES	400g
CORIANDER	1 packet
AVOCADO	1
GREEN APPLE	1
ORIENTAL SLAW	1 bag (250g)
BEEF STEAKS	300g
FRIED SHALLOTS	1 packet (20g)

## FROM YOUR PANTRY

oil for cooking, salt, pepper, soy sauce, sugar (of choice), apple cider vinegar

## KEY UTENSILS

large frypan, oven tray

## NOTES

We used brown sugar in the dressing. You could use sesame oil in the dressing for a more authentic flavour.



### 1. ROAST THE POTATOES

Set oven to 220°C.

Cut sweet potatoes into chips. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20–25 minutes until golden and cooked through.



### 4. COOK THE STEAKS

Heat a frypan over medium-high heat. Coat steaks with **oil, salt and pepper**. Cook for 2–4 minutes each side or until cooked to your liking.



### 2. PREPARE THE DRESSING

Finely chop coriander stems. Combine with **2 tbsp vinegar, 2 tbsp soy sauce, 2 tbsp oil** and **1 tbsp sugar** (see notes).



### 3. PREPARE THE SALAD

Chop remaining coriander, dice avocado and slice apple. Toss together with oriental slaw and 2 tbsp dressing.



### 5. FINISH AND SERVE

Slice steaks and divide among plates along with sweet potato chips and salad. Spoon over dressing to taste and garnish with fried shallots.

**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**

