



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!



C4

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



4 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	800g
CORIANDER	1 packet
AVOCADO	1
GREEN APPLE	1
ORIENTAL SLAW	1 bag (250g)
BEEF STEAKS	600g
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**

