DINNER TWIST
LOCAL, HEALTHY, DELIVERED

**Product Spotlight:
Rosemary**

Rosemary stalks can come in various lengths! Chop the leaves to taste for the roast vegetables in this dish. You can use any leftovers to flavour olive oil or butter!
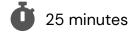
Seared Steak on Turkish Bread

with Caramelised Onion

Warm and crusty Turkish rolls filled with sliced steak, roast capsicum, beetroot and spinach, topped off with homemade caramelised onion.

🕐 25 minutes   🍴 4 servings   🥩 Beef

18 August 2023

Make it your own!

Bring the fillings to the table for everyone to build their own! Add your favourite mustard, relish or pickles if desired.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	43g	18g	51g

FROM YOUR BOX

TOMATOES	3
ROSEMARY SPRIG	1
BEEF STEAKS	600g
BROWN ONION	1
TURKISH ROLLS	4-pack
TINNED BEETROOT	225g
BABY SPINACH	1 bag (120g)

FROM YOUR PANTRY

oil for cooking, butter, salt, pepper, balsamic vinegar, ground coriander

KEY UTENSILS

oven tray, frypan

NOTES

Wipe out the pan if needed. If you have a second frypan you can start cooking the onion at the same time as the steaks.

No gluten option – Turkish rolls are replaced with gluten-free Turkish rolls.

1. ROAST THE TOMATOES

Set oven to 220°C.

Slice tomatoes. Toss on a lined oven tray with **oil, salt and pepper**. Chop rosemary leaves (to taste) and sprinkle on top. Roast for 20 minutes until cooked through.

2. COOK THE STEAKS

Heat a frypan over medium–high heat. Coat steaks with **1 tbsp ground coriander, oil, salt and pepper**. Cook for 2–4 minutes each side or to your liking. Remove to a plate to rest, keep pan on heat (see notes).

3. CARAMELISE THE ONION

Slice onion and add to pan as you go along with **1 tbsp oil** and **20g butter**. Cook for 8–10 minutes until caramelised. Stir in **1/2 tbsp vinegar** and season with **salt and pepper** to taste. Set aside.

4. WARM THE ROLLS

Cut Turkish rolls in half. Place in oven for 5 minutes until toasty.

Drain beetroot slices.

5. FINISH AND SERVE

Slice steaks to desired thickness. Assemble rolls with spinach, beetroot, steaks, caramelised onion and roast tomatoes.

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**