



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!



## C4 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 onions.

 25 minutes

 4 servings

 Beef

29 July 2022

## 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.*

## FROM YOUR BOX

RED CAPSICUM	1
TOMATOES	2
ROSEMARY SPRIG	1
BEEF STEAKS	600g
BROWN ONIONS	2
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 onions at the same time as the steaks.

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



### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Slice capsicum and 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.



### 4. WARM THE ROLLS

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

Drain beetroot slices.



### 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. CAMELISE THE ONION

Slice onions and add to pan as you go along with **1 tbsp oil** and **40g butter**. Cook for 8–10 minutes until caramelised. Stir in **1 tbsp vinegar**, season with **salt and pepper** to taste. Set aside.



### 5. FINISH AND SERVE

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

**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](mailto:hello@dinnertwist.com.au)

