



Product Spotlight: Instant Polenta

Polenta is made from ground corn and is quite versatile. It is gluten-free, and you can use it in sweet and savoury dishes!



Thyme Beef Steaks with Sticky Tomatoes on Polenta

Creamy polenta topped with balsamic cherry tomatoes and served alongside seared beef steaks tossed with thyme and fresh rocket leaves.



30 minutes



4 servings



Beef

15 September 2023

Bake the polenta!

You can bake the polenta in the oven if you prefer a crispy texture. Spread it out on an oven tray to 1-2cm thickness, drizzle with olive oil and bake for 15-20 minutes at 220°C until firm. Add some cheese if you have some!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	20g	57g

FROM YOUR BOX

RED ONION	1
CHERRY TOMATOES	2 packets (2 x 200g)
BEEF STEAKS	600g
INSTANT POLENTA	250g
THYME	1 packet
ROCKET LEAVES	1 bag (120g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, butter, balsamic vinegar

KEY UTENSILS

2 frypans, saucepan

NOTES

Lightly press the tomatoes with a spoon as they cook to release the juices.

Whisk the polenta continuously to prevent it from bubbling and spitting out. You can add some parmesan cheese to the polenta if you have some!

You can dress the rocket leaves with balsamic vinegar and olive oil, or a dressing of choice!



1. SAUTÉ THE ONION

Heat a frypan over medium-high heat with **olive oil**. Slice and add onion. Cook for 5 minutes until softened.



2. ADD THE TOMATOES

Halve and add tomatoes to pan along with **2 tbsp vinegar**, **2 tbsp butter** and **1/2 cup water**. Simmer for 10 minutes (see notes). Season with **salt and pepper**.



3. COOK THE STEAKS

Meanwhile, coat steaks with **oil, salt and pepper**. Cook in a frypan over high heat for 2-4 minutes each side or until cooked to your liking. Set aside to rest.



4. COOK THE POLENTA

Bring a saucepan with **1.3L water** to a simmer. Gradually pour in polenta, whisking continuously until thickened (see notes). Remove from heat. Stir in **2 tbsp butter** and **1/2 tbsp thyme leaves**. Season with **salt and pepper**.



5. FINISH THE STEAKS

Slice the steaks and toss with **1/2-1 tbsp thyme leaves**.



6. FINISH AND SERVE

Serve sticky tomatoes on top of polenta alongside sliced steaks with a side of rocket leaves (see notes).



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