



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: POMEGRANATE

Delicious pomegranates are now in season! Before you cut yours open, press the palm of your hand against the pomegranate and roll on a hard surface. This will help release the seeds.



## 4. CUMIN STEAKS WITH POMEGRANATE RICE

 30 Minutes

 2 Servings

Ruby red jewels of pomegranate in a brown rice salad with roast eggplant and almonds, served with seared cumin beef rump steaks.

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
47g	25g	82g

27 April 2020

## FROM YOUR BOX

BROWN RICE	150g
PARSLEY	1/2 bunch *
ALMONDS	1 packet (40g)
POMEGRANATE	1
SMALL EGGPLANT	1
BEEF RUMP STEAKS	300g
NATURAL YOGHURT	1/3 tub *

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, ground cumin, white wine vinegar

## KEY UTENSILS

saucepan, oven tray, griddle pan or frypan

## NOTES

Toast the almonds in the frypan before cooking the steaks if preferred.

Add 1/2 crushed garlic clove to the yoghurt for a little heat and depth of flavour.

**No beef option - beef rump steaks are replaced with chicken schnitzels.** Increase cooking time to 4-5 minutes on each side or until cooked through.



### 1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes, or until tender. Drain and rinse.



### 2. PREPARE THE SALAD

Chop parsley and almonds. Add to a large salad bowl. Cut pomegranate in half horizontally. Hold cut half over bowl and whack fruit with a wooden spoon to release the seeds.



### 3. COOK THE EGGPLANT

Slice eggplant into rounds or crescents. Coat with **oil, salt and pepper**. Cook in a griddle or frypan over high heat for 3-4 minutes each side. Remove to a plate to cool. Keep pan on heat.



### 4. COOK THE STEAKS

Coat steaks with **2 tsp cumin, oil, salt and pepper**. Cook for 3-4 minutes each side or until cooked to your liking. Set aside to rest.



### 5. TOSS THE SALAD

Whisk together **1/2 tbsp vinegar** and **1/2 tbsp olive oil**. Toss cooked rice and eggplant with salad ingredients. Season with **salt and pepper** to taste.



### 6. FINISH AND PLATE

Slice steaks. Serve with brown rice salad and a dollop of yoghurt.