



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

 4 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
44g	29g	73g

27 April 2020

FROM YOUR BOX

BROWN RICE	300g
EGGPLANT	1
AVOCADO	1
PARSLEY	1 bunch
ALMONDS	1 packet (40g)
POMEGRANATE	1
BEEF RUMP STEAKS	600g
NATURAL YOGHURT	1/2 tub *

* Ingredient also used in another recipe

FROM YOUR PANTRY

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

Set oven to 220°C.
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. ROAST THE EGGPLANT

Dice eggplant and toss on a lined oven tray with **oil, salt and pepper**. Roast in oven for 15-20 minutes until tender and cooked through.



3. PREPARE THE SALAD

Dice avocado. 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.



4. COOK THE STEAKS

Heat a griddle or frypan over high heat. Coat steaks with **1 tbsp 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 tbsp vinegar** and **1 tbsp olive oil**. Toss through 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.