



Product Spotlight: Baby Cos Lettuce

To keep your lettuce crisp and crunchy, ensure the leaves are completely dry before storing them. Excess moisture can cause the leaves to wilt and spoil.



Mustard Beef Steaks with Sour Cream Wedges

Pub dinner without having to deal with the crowds? Yes please! Beef steaks coated with mustard, served with a fresh and crunchy salad, and thick potato wedges with sweet chilli sour cream for dipping!



35 minutes



2 servings



Beef

Spice it up!

For fussy eaters, skip the mustard and divide it among steaks for those who will enjoy it. If you prefer a stronger mustard flavour, add mustard to cooked steaks.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	36g	52g

FROM YOUR BOX

MEDIUM POTATOES	3
BABY COS LETTUCE	1
TOMATO	1
BEEF STEAKS	300g
MUSTARD	1 jar
SOUR CREAM	1 tub

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, white wine vinegar, sweet chilli sauce

KEY UTENSILS

large frypan, oven tray

NOTES

Add flavour to your wedges such as smoked paprika, dried thyme or rosemary.

Add to the salad! Olives, cucumber, capsicum, carrot, or toasted seeds or nuts would all make a great addition.



1. ROAST THE WEDGES

Set oven to 250°C.

Wedge **potatoes** and add to a lined oven tray. Toss with **oil, salt and pepper** (see notes). Roast for 25–30 minutes or until tender and golden.



4. PREPARE THE SOUR CREAM

Optional: Add **sour cream** to a bowl and top with **1–2 tbsp sweet chilli sauce** (use sweet chilli sauce to taste).



2. MAKE THE SALAD

Roughly chop **lettuce** and wedge **tomato**. Add to a bowl (see notes) and toss with **1 tbsp olive oil, 1 tsp vinegar, salt and pepper**.



5. FINISH AND SERVE

Divide **salad** and **steak** among plates. Serve tableside along with **wedges** and **sweet chilli sour cream**.



3. COOK THE STEAKS

Coat **steaks** with **salt, pepper** and **mustard** (see cover for notes). Heat a frypan over medium-high heat with **oil**. Add **steaks** and cook for 2–4 minutes or until cooked to your liking. Set aside to rest.



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