



### 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!



30 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
	44g	48g	72g

## 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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