




### Product Spotlight: Parsley


Flat leaf parsley is also known as Italian parsley. It has a stronger flavour than curly parsley and is a natural breath freshener!



## Seared Beef Steaks with Hash and Parsley Mayo

Cubed root vegetables and capsicum cooked in the pan until golden, served with tender beef steaks and creamy parsley mayonnaise.

 25 minutes

 2 servings

 Beef

## Change the flavour!

*You can coat the steaks in a cajun spice mix or use a selection of dried herbs. Add some crushed garlic to the hash and boost the flavour of the mayonnaise with some lemon zest or chilli flakes!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40gg	36g	34g

## FROM YOUR BOX

MEDIUM POTATOES	3
CARROT	1
BROWN ONION	1
RED CAPSICUM	1
PARSLEY	1 packet
AIOLI MAYONNAISE	100g
BEEF STEAKS	300g

## FROM YOUR PANTRY

oil for cooking, salt, pepper, ground coriander, red wine vinegar, dried oregano

## KEY UTENSILS

large frypan, frypan, stick mixer or blender (optional)

## NOTES

If you don't have a stick mixer or blender, you can combine the spices and vinegar with the aioli. Finely chop the parsley and stir through or keep as a garnish.



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### 1. COOK THE VEGGIE HASH

Heat a large frypan with **oil** over medium-high heat. Dice **potatoes, carrot, onion** and **capsicum** into 1-2cm cubes. Add to pan as you go along with **1 tsp oregano**. Cook, stirring occasionally, for 15 minutes or until tender.



### 4. FINISH AND SERVE

Slice **steaks** and place on top of **hash**. Serve with **parsley mayo** and garnish with **chopped parsley**.



### 2. MAKE THE PARSLEY MAYO

Rinse and roughly chop **parsley** (set some aside for garnish). Blend together with **1/2 tsp ground coriander, 1/2 tsp oregano, 2 tsp vinegar** and **aioli** using a stick mixer or blender (see notes).



### 3. COOK THE STEAKS

Coat **steaks** with **1 tsp ground coriander, oil, salt and pepper**. Heat a second frypan over medium-high heat. Cook for 2-4 minutes each side or until cooked to your liking.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0440 132 826** or send an email to **hello@dinnertwist.com.au**

