F

DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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

Enjoy a pub dinner without the crowds! Beef steaks coated in mustard, served with a fresh crunchy salad and thick potato wedges with sweet chilli sour cream for dipping.

35 minutes | 4/6 servings | Beef

Spice it up!

For fussy eaters, coat only some of the steaks with mustard. If you like a stronger mustard kick, spread a little extra over the steaks once they are cooked.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g	14g	48g

FROM YOUR BOX

	4 PERSON	6 PERSON
MEDIUM POTATOES	800g	1.2kg
BABY COS LETTUCE	1	2
TOMATOES	2	3
BEEF STEAKS	600g	600g + 300g
WHOLEGRAIN MUSTARD	1 jar	1 jar
SOUR CREAM	1 tub	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.

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1. ROAST THE WEDGES

Set oven to 220°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.



2. MAKE THE SALAD

Roughly chop **lettuce** and wedge **tomatoes**. Add to a bowl (see notes) and toss with **1-2 tbsp olive oil**, **2-3 tsp vinegar**, **salt and pepper**.



3. COOK THE STEAKS

Coat **steaks** with **salt**, **pepper** and **1 tbsp mustard** (see cover for notes). Heat a frypan over medium-high heat with **oil**. Add **steaks** and cook for 2-4 minutes on each side or until cooked to your liking. Set aside to rest.



4. PREPARE THE SOUR CREAM

Optional: Add **sour cream** to a bowl and mix with **1 tbsp water**. Top with **1-2 tbsp sweet chilli sauce**.



5. FINISH AND SERVE

Divide **salad** and **steak** among plates. Serve tableside along with **wedges** and **sweet chilli sour cream.** Add more **mustard** to taste.

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