



Product Spotlight: Capsicum

Compared with green, orange and yellow, red capsicums are the sweetest; green capsicum is the least sweet and is just an unripened red capsicum.



Seared Steaks with BBQ Veg and Ciabatta

Beef steaks and rainbow barbecued vegetables served with a crunchy red dip and slices of fresh, crusty ciabatta bread.



25 minutes



Beef



4/6 servings

Switch it up!

Dice the vegetables and thread onto skewers for the BBQ if preferred!

Thinly slice the steaks and layer between bread with dip and grilled vegetables to make a steak sandwich. Serve with chips on the side.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g/50g	22g/19g	52g/72g
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
CIABATTA LOAF	1	2
RED ONION	1	1
ZUCCHINI	1	2
RED CAPSICUM	1	2
BEEF STEAKS	600g	600g + 300g
CRUNCHY RED DIP	1 tub	1 tub

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano

KEY UTENSILS

BBQ or griddle pan

NOTES

You can dice the vegetables and thread onto skewers for the BBQ.

Coat the vegetables with a seasoning of choice for extra flavour! Fresh chopped rosemary, garlic, lemon zest or a spice rub works well.

No gluten option – ciabatta loaf is replaced with GF Turkish bread rolls.



1. TOAST THE BREAD (OPTIONAL)

Heat BBQ or griddle pan over high heat. Slice **ciabatta loaf** and coat each side with **oil**. Toast on griddle for 1 minute each side until charred. Set aside.



2. BBQ THE VEGETABLES

Wedge **onion**, slice **zucchini** and thickly slice **capsicum**. Toss with **oil, salt and pepper** (see notes). Cook on the griddle pan for 2–3 minutes each side or until tender. Remove to a plate.



3. COOK THE STEAKS

Coat **steaks** in **2 tsp oregano, oil, salt and pepper**. Add to griddle pan and cook for 2–4 minutes each side until cooked to your liking. Set aside to rest.

6P – use **3 tsp oregano**.



4. FINISH AND SERVE

Serve the **vegetables, steaks, crunchy red dip** and **toasted ciabatta** at the table.



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