



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Coleslaw

The name 'coleslaw' comes from the Dutch phrase "koolsla" which means cabbage salad.



3 Creamy Thyme Beef with Coleslaw and Crispy Potatoes

Tender WA beef steak served with creamy thyme sauce, golden crispy potatoes, colourful coleslaw and fresh veggies.

 30 minutes

 2 servings

 Beef

19 October 2020

Little Kitchen Helpers

There are many components of this dinner that kids can help out with! For example, washing and halving potatoes, stirring and seasoning the coleslaw, cutting the capsicum and cucumber, and taste-testing the gravy.

FROM YOUR BOX

BABY POTATOES	400g
COLESLAW	1 bag (200g)
SOUR CREAM	2/3 tub *
LEMON	1/2 *
BEEF STEAKS	300g
GREEN CAPSICUM	1/2 *
CONTINENTAL CUCUMBER	1/2 *
GEM LETTUCE	1 *
THYME	1/2 packet *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, salt, pepper, dried oregano, soy sauce

KEY UTENSILS

oven tray, frypan

NOTES

If you prefer, dice and add the capsicum and or cucumber to the coleslaw. And, add a little sugar or honey for a sweeter taste.

No beef option - beef steaks are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side or until cooked through.



1. COOK THE POTATOES

Set oven to 220°C.

Halve potatoes and toss on a lined oven tray with **1/2 tsp oregano, oil, salt and pepper**. Cook for 25 minutes until golden and crispy.



2. DRESS THE COLESLAW

Tip coleslaw into a bowl and dress with 1 tbsp sour cream and juice from 1/2 lemon. Season to taste with **salt and pepper** (see notes).



3. COOK THE STEAKS

Heat a frypan over medium-high heat. Rub the steaks with **oil, salt and pepper**. Cook for 3-4 minutes each side or until cooked to your liking. Remove from pan. Keep pan over medium heat.



4. CHOP THE SALAD

Roughly dice or slice the capsicum and cucumber. Wash and separate the lettuce. Arrange on a plate.



5. MAKE THE THYME SAUCE

Roughly chop thyme leaves and add to pan with **2 tbsp butter/oil**, cook for 1 minute, then add **1/3 cup sour cream, 1/3 cup water and 1/2 tbsp soy sauce**. Return steaks along with any resting juices. Season to taste with extra **soy sauce and pepper**.



6. FINISH AND PLATE

Serve steaks with potatoes, salad, coleslaw and thyme sauce.

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 **0481 072 599** or send an email to hello@dinnertwist.com.au

