



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Pepitas

Pepitas are incredibly good for you! They're high in minerals like zinc, manganese, magnesium, iron and copper, all of which are important to stay healthy.



3 Sliced Beef with Pumpkin and Brie

Tender WA beef steak served with a side salad of roasted pumpkin, fresh veggies and crunchy pepitas.

 25 minutes

 2 servings

 Beef

28 December 2020

Cheesy steak

Instead of dicing and adding the brie cheese to the salad, you can slice it and add it onto the steak when frying the second side for a cheesy brie steak.

FROM YOUR BOX

DICED BUTTERNUT PUMPKIN	1 bag (300g)
PEPITAS	1 packet (40g)
WHOLE BEEF STEAK	300g
CHERRY TOMATOES	1/2 bag (100g) *
CONTINENTAL CUCUMBER	1/2 *
BRIE CHEESE	1
BABY SPINACH	1/2 bag (60g) *
CARAMELISED BALSAMIC DRESSING	1 sachet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil, oil (for cooking), salt, pepper, maple syrup, smoked paprika

KEY UTENSILS

oven tray, frypan

NOTES

You can also cook the steak on the barbie.

Leave all salad components separate for easy picking for fussy eaters.

No beef option - beef steak is replaced with chicken breast fillet. Slash in 3-4 places. Rub with oil, salt and pepper and place in the oven with the pumpkin. Cook for 20-25 or minutes or until cooked through.



1. ROAST THE PUMPKIN

Set oven to 220°C.

Toss pumpkin on a lined oven tray with **oil**, **1/2 tbsp maple syrup**, **1/2 tbsp paprika**, **salt and pepper**. Roast for 15-20 minutes until golden and tender.



2. TOAST PEPITAS (OPTIONAL)

Toast pepitas in a frypan over medium-high heat for 1-2 minutes or until golden. Remove and reserve pan.



3. COOK THE BEEF

Re-heat frypan (see notes) over medium-high heat. Rub steak with **oil**, **salt and pepper**. Cook for 2-4 minutes each side or until cooked to your liking. Remove to a plate to rest.



4. PREPARE THE SALAD

Halve or quarter tomatoes, dice cucumber and brie (to taste). Place all into a bowl (see notes) with baby spinach and pepitas.



5. TOSS THE SALAD

Add pumpkin to the salad and toss together with balsamic dressing. Season with **salt and pepper**.



6. FINISH AND PLATE

Slice beef steak and serve with salad.

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

