



DINNER TWIST  
LOCAL. HEALTHY. DELIVERED




### Product Spotlight: Parmesan Cheese


Parmesan cheese is pretty old. Typically, the versions you find in the grocery store have aged for one or two years, but the traditional (and costly) options can be up to 90 months, or almost 8 years old!



## 3 Steak & Balsamic Potatoes with Sun-Dried Tomato Pesto

100% grass-fed beef steak with tender balsamic vinegar roasted sweet potatoes, green pear salad and a homemade sun-dried tomato pesto. Sounds fancy, but we promise it's both easy and tasty!

 30 minutes

 2 servings

 Beef

8 March 2021

*Separate veggies*

*If cooking for fussy eaters, keep the salad components (pear, capsicum, celery, lettuce) separate and serve on the side.*

## FROM YOUR BOX

SWEET POTATOES	400g
SUN-DRIED TOMATOES	1/2 jar (140g) *
CASHEW NUTS	1 packet (60g)
GARLIC CLOVE	1
PARMESAN CHEESE	1/3 packet (50g) *
BEEF STEAKS	300g
COS LETTUCE	1
PEAR	1
CELERY STICK	1
GREEN CAPSICUM	1/2 *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil + oil for cooking, salt, pepper, balsamic vinegar

## KEY UTENSILS

oven tray, frypan, small food processor

## NOTES

For extra flavour, add 1/2 tsp oregano, Italian herbs, rosemary or paprika when frying steaks. You can also cook them on the barbecue.

Crumbled feta or blue cheese goes well with this salad if you have any!

**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. ROAST THE POTATOES

Set oven to 220°C.

Halve sweet potatoes lengthways and place on a lined oven tray. Rub with **1/2 tbsp balsamic vinegar, oil, salt and pepper**. Roast cut-side down for 20 minutes or until tender.



### 4. MAKE THE SALAD

Roughly chop or tear lettuce, slice pear, celery and capsicum. Toss together with **2 tsp olive oil, 1 tsp vinegar, salt and pepper**.



### 2. MAKE THE PESTO

Place sun-dried tomatoes, 2 tbsp oil (from the jar), **1 tbsp vinegar**, cashews, garlic and parmesan into a small food processor. Pulse to combine and season with **salt and pepper**.



### 5. FINISH AND PLATE

Serve steaks with a spoonful of pesto, potatoes and salad. Serve remaining pesto on the side.



### 3. COOK THE STEAKS

Heat a frypan over medium-high heat. Rub steaks with **oil, salt and pepper** (see notes). 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 **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

