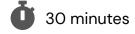




Vegetable Tray Bake

with Steaks and Jerk Tomato Sauce

Loads of colourful vegetables all on one tray. Served with pan fried steaks and tomato sauce infused with jerk spice, hand blended for Dinner Twist by Turban Chopsticks.





2 servings



BBQ Time!

Light up the bbq to cook the corn and steaks. Roast sweet potato wedges in the oven and serve the tomatoes and carrots fresh on the side.

FROM YOUR BOX

SWEET POTATOES	400g
PURPLE CARROT	1
CHERRY TOMATOES	1/2 bag (100g) *
CORN COB	1
OREGANO	1 packet
JERK SPICE	1/2 packet *
JERK SPICE TOMATO SAUCE	1/2 packet * 1/2 bottle *
01 01.101	•

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

frypan, small saucepan, oven tray

NOTES

You can skip this step and rub the steaks with the spice mix instead.

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 VEGETABLES

Set oven to 220°C.

Roughly chop sweet potatoes and carrot. Halve cherry tomatoes and cut corn into quarters. Toss on a lined oven tray with half the oregano, oil, salt and pepper. Cook for 20-25 minutes until tender.



2. MAKE THE SAUCE

Heat a small saucepan over medium heat with 1/2 tbsp oil. Add jerk spice and fry for 1 minute. Pour in tomato sauce and simmer for 5 minutes (see notes).



3. COOK THE STEAK

Heat a frypan over medium-high heat. Rub steaks with oil, salt and pepper. Cook for 2-4 minutes each side or until cooked to your liking.



4. FINISH AND SERVE

Roughly chop remaining oregano.

Serve steaks with roasted vegetables and sauce. Garnish with oregano.



