



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Beetroot

There are many cultivars (or types) of beets available, including varieties named Action, Early Wonder, Red Ace, Ruby Queen, and Chioggia. The latter has beautiful red and white stripes.



3 Beef Steak Sandwich Platter

Tender free-range WA steaks served platter-style with roasted seasonal vegetables, crispy coleslaw, sweet tomato chutney yoghurt sauce and warm Turkish bread.

 30 minutes

 4 servings

 Beef

30 July 2021

Spice alternatives

Get creative with the spices on your baked veggies. For example, you can replace cumin with ground coriander, curry powder, oregano, paprika, garlic, or mixed Italian herbs.

FROM YOUR BOX

RED ONION	1
BETROOTS	2
TOMATOES	3
COLESLAW	1/2 packet *
NATURAL YOGHURT	1/3 tub *
BEEF STEAKS	600g
MINT	1/2 bunch *
TOMATO CHUTNEY	1 jar
TURKISH BREAD	1

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin

KEY UTENSILS

oven tray, large frypan

NOTES

Use 2 oven trays if necessary.

Taste the chutney first. If it's too spicy, add only to the yoghurt to taste, e.g. 1-2 tbsp or half the jar. Leftover chutney is great in roast veggie pasta, in sandwiches, in marinades, or with cheese & crackers.

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

No gluten option – Turkish bread is replaced with GF bread.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Slice onion, beetroots and tomatoes. Toss on a lined oven tray (see notes) with **2 tsp cumin, oil, salt and pepper**. Cook for 15-20 minutes until tender.



2. TOSS THE COLESLAW

Toss the coleslaw in a bowl with 2 tbsp yoghurt, **salt and pepper**.



3. COOK THE STEAKS

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



4. MIX THE SAUCE

Chop the mint and mix in a bowl with chutney (see notes) and remaining yoghurt.



5. TOAST THE BREAD

Place Turkish bread onto an oven tray. Rub with a little **oil and 1/2 tsp cumin**. Place in the oven for 3-5 minutes until crispy and warmed through.



6. FINISH AND PLATE

Slice steaks and arrange on a platter with roasted vegetables, coleslaw, sauce and sliced (or torn) Turkish bread.

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**

