



DINNER TWIST
LOCAL. HEALTHY. DELIVERED




Product Spotlight: Grapes

There are more than 8,000 grape varieties around the world! Grapes are used to make wine, grape juice, vinegar, and even raisins. That's right; those tiny raisins in your parent's cupboard are dried grapes.



3 Seared Beef with Grape and Feta Salad

A fresh salad with a sweet touch from seasonal grapes, satisfying and fragrant basmati rice, and seared beef steak from WA. Did anyone say 'seconds'?

 30 minutes

 4 servings

 Beef

14 December 2020

Make a mixed salad

If you prefer, make a mixed salad instead of a veggie & fruit side platter. Halve cherry tomatoes and grapes, trim and slice sugar snap peas, roughly slice lettuce, and crumble in feta.

FROM YOUR BOX

BASMATI RICE	300g
BEEF STEAKS	600g
CHERRY TOMATOES	1 bag (200g)
GRAPES	1 bag (200g)
SUGAR SNAP PEAS	1/2 bag (125g) *
FESTIVAL LETTUCE	1/2 *
MINT	1/2 bunch *
FETA	1/2 block *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive + oil (for cooking), salt, pepper, 1 garlic clove, red or white wine vinegar, soy sauce, sugar (of choice)

KEY UTENSILS

frypan (or bbq), saucepan, stick mixer

NOTES

If you don't have a blender or stick mixer, simply chop the mint finely and whisk everything together.

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 RICE

Place rice in a saucepan and cover with 1.5 x amount of water. Cover with lid, cook over low heat for 10–15 minutes. Remove from heat, let stand 5 minutes. Stir carefully with a fork.



2. COOK THE STEAKS

Heat a frypan (or bbq) over medium–high heat. Rub steaks with **oil, 1/2 tbsp soy sauce and pepper**. Cook for 2–4 minutes each side or until cooked to your liking. Set aside to rest.



3. PREPARE SIDE PLATTER

Halve cherry tomatoes and grapes. Trim and slice sugar snap peas. Roughly tear lettuce. Arrange on a platter.



4. MAKE THE SAUCE

Roughly chop mint and crush **garlic**. Blend together (see notes) with **3 tbsp olive oil, 1 tbsp vinegar, 1 tbsp water, 1/2 tbsp soy sauce, 1/4 tsp sugar, salt and pepper**.



5. FINISH AND PLATE

Slice beef and serve with rice, salad and sauce. Crumble over feta.

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**

