



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Dirty Clean Food Beef


The beef in your Dinner Twist box is from Dirty Clean Food. It's 100% grass-fed, raised in WA, and grown with regenerative and sustainable practices. Oh, and it's super tender & tasty, too!


**DIRTY  
CLEAN  
FOOD**



## 3 Steak and Wedges with Béarnaise Sauce

A pub classic, but at home! Tender grass-fed WA beef steaks alongside crunchy & colourful coleslaw, baked potato wedges and a creamy béarnaise sauce.

 30 minutes

 4 servings

 Beef

26 March 2021

## Mash it up!

*Don't want to turn on the oven, or just not in the mood for wedges? Make mashed potatoes instead! Halve and boil the potatoes, then drain and mash. Add butter/oil, sour cream, salt, pepper and/or herbs to taste.*

## FROM YOUR BOX

BABY POTATOES	800g
SHREDDED RED CABBAGE	1 packet (200g)
SPRING ONIONS	1/4 bunch *
CARROT	1
GREEN APPLES	2
CHERRY TOMATOES	1 bag (200g)
BEEF STEAKS	600g
BÉARNAISE SAUCE	100g

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil + oil for cooking, salt, pepper, dried thyme, red wine vinegar

## KEY UTENSILS

large frypan, oven tray

## NOTES

Cut the apple into sticks and serve on the side with whole cherry tomatoes if preferred. Add some mayonnaise or yoghurt if you like a creamy coleslaw.

You can also cook the steaks on the barbecue.

**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 WEDGES

Set oven to 220°C.

Cut potatoes into wedges and toss on a lined oven tray with **oil, salt and pepper**. Cook for 20–25 minutes until golden and crunchy.



### 2. MAKE THE COLESLAW

Tip the cabbage into a bowl. Slice spring onions, grate carrot, dice apples and quarter cherry tomatoes. Toss together with **2 tbsp olive oil, 1 tsp vinegar, salt and pepper** (see notes).



### 3. COOK THE STEAKS

Heat a frypan over medium–high heat (see notes). Rub steaks with **oil, 1 tsp thyme, salt and pepper**. Cook for 2–4 minutes each side or until cooked to your liking.



### 4. FINISH AND PLATE

Serve wedges, salad and steak on plates with Béarnaise sauce on the side.

**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)

