



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Asparagus

Asparagus is a good source of vitamin E (among many others), an important antioxidant. This vitamin helps strengthen your immune system and protects cells from the harmful effects of free radicals.



3 Seared Steaks with Béarnaise Sauce and Crispy Potato Rounds

A simple family dinner. Seared steaks served with classic Béarnaise sauce accompanied by new season asparagus and salad.

 30 minutes

 4 servings

 Beef

1 October 2021

Mash it up!

Skip the oven and boil and mash your potatoes instead. Cut the asparagus into 3cm pieces and toss through salad after cooking.

FROM YOUR BOX

POTATOES	800g
CHERRY TOMATOES	1 bag (200g)
LEBANESE CUCUMBER	1
MESCLUN LEAVES	1 bag (120g)
ASPARAGUS	1 bunch
BEEF STEAKS	600g
BÉARNAISE SAUCE	1 tub (100g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil, oil/butter for cooking, salt, pepper, ground cumin, vinegar of choice

KEY UTENSILS

large frypan, oven tray

NOTES

Add some dried tarragon, rosemary or garlic to the steaks if you would like a little more flavour.

You can add the asparagus into the salad if preferred.

No beef option – beef steaks are replaced with chicken schnitzels. Increase cooking time to 5–6 minutes on each side or until cooked through.



1. COOK THE POTATOES

Set oven to 220°C.

Slice potatoes into rounds and place on a lined oven tray. Toss with **oil, 1 tsp cumin, salt and pepper**. Cook for 20–25 minutes until golden and crunchy.



2. MAKE THE SALAD

Halve cherry tomatoes and slice cucumber into crescents. Toss together in a bowl with mesclun leaves. Dress with **1 tbsp olive oil, 1/2 tbsp vinegar, salt and pepper**.



3. COOK THE ASPARAGUS

Heat a frypan over medium–high heat with **1/2 tbsp oil/butter**. Halve and add asparagus. Cook for 2–3 minutes until just tender. Remove from pan, keep pan over heat.



4. COOK THE STEAKS

Rub steaks with **oil, salt and pepper** (see notes). Add to pan and cook for 2–4 minutes each side or until cooked to your liking.



5. FINISH AND SERVE

Serve steaks topped with asparagus (see notes) and Béarnaise sauce with potatoes and salad 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**

