



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Jerk Spice Mix

Originating in Jamaica, Jerk spice is a blend of spices to dry or wet marinate meats. Our version created by Turban Chopsticks is full of flavour and light on heat. Perfect for families.

**TURBAN
CHOPSTICKS**

3 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.

 30 minutes

 4 servings

 Beef

22 October 2021

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	800g
PURPLE CARROTS	2
CHERRY TOMATOES	1 bag (200g)
CORN COBS	2
OREGANO	1 packet
JERK SPICE	1/2 packet *
TOMATO SAUCE	1/2 bottle *
BEEF STEAKS	600g

**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 carrots. 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.



4. FINISH AND SERVE

Roughly chop remaining oregano.

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



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.

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

