



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Millet

Millet is a gluten-free grain and a great source of fibre and B vitamins. In years gone by, it was eaten more than rice because it grew in soils where other grains wouldn't.



G2

## Beef Steak Bowl

### with Thyme Roast Veg and Mustard Dressing

Vegetables roasted with dried thyme and served over millet with pan-fried steak and a mustard dressing.



30 minutes



2 servings



Beef

2 December 2022

## Make a sanga!

*Save the millet for another dish. Grill some thickly sliced bread, mix the mustard with some mayo and turn this dish into a steak sandwich.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	23g	49g

## FROM YOUR BOX

MILLET	1 packet (100g)
BEETROOT	1
RED ONION	1
RED CAPSICUM	1
BEEF STEAKS	300g
ROCKET LEAVES	1 bag (60g)

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried thyme, seeded mustard, balsamic vinegar

## KEY UTENSILS

large frypan, saucepan, oven tray

## NOTES

For extra flavour, stir butter and chopped herbs such as basil, parsley or chives through the cooked millet.



### 1. COOK THE MILLET

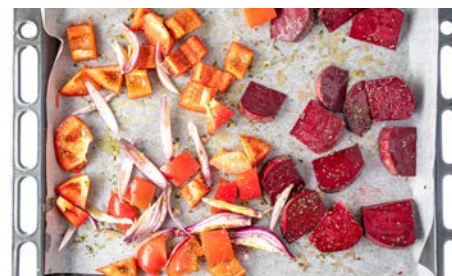
Set oven to 220°C.

Place millet in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes, or until tender. Drain and rinse. Drain millet for a minimum of 5 minutes or press it down in sieve to squeeze out excess liquid (see notes).



### 4. MAKE THE DRESSING

Add **2 tsp mustard, 2 tsp vinegar, 2 tbsp olive oil, 2 tsp water, salt and pepper** to a bowl. Whisk to combine.



### 2. ROAST THE VEGETABLES

Wedge beetroot and red onion. Chop capsicum. Toss on a lined oven tray with **oil, 1 1/2 tsp thyme, salt and pepper**. Roast for 15–20 minutes until vegetables are tender.



### 5. FINISH AND SERVE

Slice the steaks.

Divide millet, roast veggies, steak slices and rocket leaves among bowls. Drizzle over dressing.



### 3. COOK THE STEAKS

Heat a frypan over medium-high heat. Coat beef steaks in **oil, salt and pepper**. Cook steaks for 2–4 minutes each side or until cooked to your liking. Set aside to rest.

**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**

