



### Product Spotlight: Sun-Dried Tomatoes

Sun-dried tomatoes are high in potassium, manganese and vitamin C. The practice of sun-drying may have originated in Italy, using the tiled rooftops to dry tomatoes for use during the winter months.



## Beef Steaks

### with Sun-Dried Tomato Pesto Potatoes

Grass-fed beef steaks served with boiled potatoes tossed in a homemade sun-dried tomato pesto and fresh, peppery rocket leaves.



25 minutes



2 servings



Beef

14 April 2023

## Switch it up!

*Roast the potatoes and serve them with the pesto instead, or skip making the pesto and slice the tomatoes and toss through rocket leaves.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	50g	46g	77g

## FROM YOUR BOX

MEDIUM POTATOES	3
LEMON	1
ALMONDS	40g
SUN-DRIED TOMATOES	1 packet
GREEN CAPSICUM	1
ROCKET LEAVES	1 bag (60g)
BEEF STEAKS	300g

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, honey

## KEY UTENSILS

large frypan, large saucepan, small blender or stick mixer (see notes)

## NOTES

If you don't have a blender or stick mixer, you can finely chop the sun-dried tomatoes and almonds and mix them with the remaining ingredients to make a loose pesto. Alternatively, chop almonds and tomatoes, toss with rocket leaves and capsicum. Use remaining ingredients to make a dressing.



### 1. BOIL THE POTATOES

Roughly chop potatoes and place in a saucepan, cover with water. Bring to a boil and simmer for 10 minutes, or until tender. Drain and return to saucepan.



### 2. MAKE THE PESTO

Zest lemon to yield 1 tbsp. Add to a small blender along with juice from 1/2 lemon (wedge remaining), almonds, sun-dried tomatoes, **1/4 cup olive oil, 1/2 tsp oregano, 1/2 tsp honey, 2 tbsp water, salt and pepper.** Blend to pesto consistency.



### 3. PREPARE FRESH ELEMENTS

Thinly slice capsicum. Set aside with rocket leaves.



### 4. COOK THE STEAK

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



### 5. TOSS THE POTATOES

Add pesto to saucepan with boiled potatoes. Toss to coat potatoes in pesto. Season to taste with **salt and pepper.**



### 6. FINISH AND SERVE

Slice steaks (optional). Divide amongst plates and serve with tossed potatoes and fresh elements.

**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**

