



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Parsley


Flat leaf parsley is also known as Italian parsley. It has a stronger flavour than curly parsley and is also a natural breath freshener!



## G2 Paprika Beef with Chimichurri and Veggie Tray Bake

A rainbow of vegetables roasted with dried rosemary served with beef strips seared with ground paprika and homemade chimichurri.

 30 minutes

 2 servings

 Beef

13 May 2022

## Add to it!

*If you have some excess herbs in your fridge or garden like chives, spring onion green tops or coriander, add them to your chimichurri along with a clove of garlic and some dried or fresh chilli.*

Per serve: **PROTEIN** 42g **TOTAL FAT** 31g **CARBOHYDRATES** 69g

## FROM YOUR BOX

BUTTERNUT PUMPKIN	1
TOMATO	1
SHALLOT	1
CORN COB	1
PARSLEY	1 bunch
BEEF STIR-FRY STRIPS	300g

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried rosemary, red wine vinegar, ground paprika

## KEY UTENSILS

frypan, oven dish, stick mixer (or small blender)

## NOTES

Instead of using a stick mixer or blender to make your chimichurri, you can finely chop the parsley with a knife and mix with remaining ingredients.



### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Wedge pumpkin, tomato and shallot, and cut corn into cobs. Toss in a lined oven dish with **oil, 3 tsp rosemary, salt and pepper**. Roast for 15–20 minutes until vegetables are tender.



### 4. FINISH AND SERVE

Roughly chop remaining parsley.

Add beef strips to vegetable bake. Garnish with parsley and drizzle over chimichurri. Serve tableside.



### 2. MAKE THE CHIMICHURRI

Use a stick mixer (see notes) to blend 1/2 bunch parsley (including stems), **1 tsp rosemary, 1/4 cup olive oil, 2 tbsp vinegar, salt and pepper**.



### 3. COOK THE BEEF STRIPS

Heat a frypan over high heat. Coat beef strips in **oil, 1 tsp paprika, salt and pepper**. Add to pan, in batches if necessary, and cook for 1–2 minutes each 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**

