



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.



G4

## 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



4 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
	41g	23g	44g

## FROM YOUR BOX

MILLET	1 packet (200g)
BEETROOTS	2
RED ONION	1
RED CAPSICUM	1
BEEF STEAKS	600g
ROCKET LEAVES	1 bag (120g)

## 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 1 **tblsp** mustard, 1 **tblsp** vinegar, 1/4 **cup** olive oil, 1 **tblsp** water, salt and pepper to a bowl. Whisk to combine.



### 2. ROAST THE VEGETABLES

Wedge beetroots and red onion. Chop capsicum. Toss on a lined oven tray with **oil**, 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](mailto:hello@dinnertwist.com.au)

