



Product Spotlight: Kale

Kale can dehydrate quickly in the fridge. Trim and place in it a bowl of water in the fridge to store or rehydrate.



Beef Steaks

with Black Pepper and Onion Sauce

Grass-fed beef steaks served on a bed of polenta with sautéed rosemary mushrooms, kale and black pepper and onion sauce.



20 minutes



4 servings



Beef

9 June 2023

Spruce it up!

For a decadent polenta, cook according to instructions, then stir in 1/2 cup cream and 1/4 cup finely grated parmesan.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	9g	54g

FROM YOUR BOX

BEEF STEAKS	600g
KALE	1 bunch
ROSEMARY	2 sprigs
BUTTON MUSHROOMS	300g
BROWN ONION	1
INSTANT POLENTA	250g

FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 stock cube, 1 garlic clove, soy sauce (or tamari), cornflour

KEY UTENSILS

2 frypans, saucepan

NOTES

Use black pepper to taste if you prefer a milder flavour.



1. COOK THE BEEF STEAKS

Bring a saucepan with **1.3L water** to a boil (see step 5).

Heat a frypan over medium-high heat. Coat beef steaks in **oil, salt and pepper**. Add to pan and cook for 2-4 minutes each side or until cooked to your liking. Set aside to rest and keep pan over heat for step 3.



2. SAUTÉ THE KALE

Heat a second frypan over medium-high heat with **oil**. Remove the kale leaves from the stalks and roughly chop. Crush **garlic clove**. Add all to pan and sauté for 3-4 minutes until kale is tender. Season to taste with **salt and pepper**.



3. COOK THE MUSHROOMS

Roughly chop rosemary leaves (reserve half for step 5) and slice mushrooms. Add to reserved pan. Cook, stirring occasionally, for 6-8 minutes until brown. Keep pan over heat and remove mushrooms to a bowl.



4. MAKE THE PEPPER SAUCE

Thinly slice onion. Add to reserved frypan and sauté for 3 minutes. Whisk together **1 1/2 cups water, 1 tbsp cornflour, 2 tsp soy sauce** and **2 tsp cracked pepper** (see notes). Pour mix into pan with onion. Simmer, whisking occasionally, for 4-6 minutes until thickened.



5. COOK THE POLENTA

Add reserved rosemary and **1 stock cube** to saucepan of boiling water. Gradually pour in polenta, whisking continuously until thickened. Remove from heat and season to taste with **salt and pepper**.



6. FINISH AND SERVE

Slice steaks.

Spoon polenta into shallow bowls. Top with sautéed kale, mushrooms and steaks. Spoon over pepper and onion sauce.



Scan the QR code to
submit a Google review!

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**

