



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Corn

Corn falls into two food categories!
Fresh sweet corn kernels are vegetables, but if you dry them and make popcorn, they are a grain!



G4 Cajun Beef with Charred Corn Salsa

Cajun-spiced beef steaks, sweet potato golden wedges, and charred corn salsa, all with a chive sauce drizzled over.



25 minutes



4 servings



Beef

7 October 2022

Spice it up!

To spice up this dish, dice a jalapeño to add to the salsa! You can switch it up by serving the steaks and salsa in corn tortillas.

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
| | 36g | 22g | 50g |

FROM YOUR BOX

| | |
|-----------------|----------|
| SWEET POTATOES | 800g |
| CORN COBS | 2 |
| GREEN CAPSICUM | 1 |
| CHERRY TOMATOES | 2 x 200g |
| BEEF STEAKS | 600g |
| CHIVES | 1 bunch |

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, cajun seasoning (see notes), red wine vinegar

KEY UTENSILS

frypan, oven tray

NOTES

If you don't have cajun seasoning, you can make a spice mix using smoked paprika, dried thyme, ground garlic and cayenne pepper.

Add crushed garlic and other herbs like parsley, coriander, spring onion green tops, and oregano to the chive sauce. To sweeten the sauce add 1/2-1 tsp honey or maple syrup.



1. MAKE THE WEDGES

Set oven to 220°C.

Cut sweet potatoes into wedges. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20 minutes or until golden and tender.



2. CHAR THE CORN

Heat a frypan over medium-high heat with **oil**. Remove corn kernels from cobs. Add to pan and cook for 3-4 minutes, or until charred. Transfer to a large bowl and reserve frypan.



3. TOSS THE SALSA

Dice capsicum and halve cherry tomatoes. Add to large bowl along with charred corn. Toss to combine.



4. COOK THE STEAKS

Coat steaks in **oil, 2 tsp cajun seasoning, salt and pepper**. Add steaks to pan and cook for 6-8 minutes each side until cooked to your liking. Set aside to rest.



5. MAKE THE CHIVE SAUCE

Finely slice chives. Add to a bowl along with **1/4 cup olive oil, 1 tbsp vinegar, 1 tbsp water, salt and pepper** (see notes). Mix well to combine.



6. FINISH AND SERVE

Slice steaks.

Divide steak among plates along with wedges and corn salsa. Drizzle over chive sauce.

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**

