



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Dirty Clean Food

Our beef supplier, Dirty Clean Food, believe in connecting customers with local farmers who produce food that is regenerating the world.

**DIRTY  
CLEAN  
FOOD**

## G4 Cajun Spiced Steak with Green Dressing

This meal is quick to the table and full of flavour. Beef steaks cooked with cajun spice, served with sautéed corn kernels, fresh salad and a herby green dressing.

 20 minutes

 4 servings

 Beef

11 February 2022

## Herb it up!

*If you have some extra herbs such as mint, coriander or parsley finely slice them and add them into the dressing with the chives.*

Per serve: **PROTEIN** 38g **TOTAL FAT** 18g **CARBOHYDRATES** 25g

## FROM YOUR BOX

RED ONION	1
CORN COBS	3
CHIVES	1 bunch
BEEF STEAKS	600g
CHERRY TOMATOES	1 bag (400g)
FESTIVAL LETTUCE	1

## FROM YOUR PANTRY

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

## KEY UTENSILS

2 frypans

## NOTES

If you don't have cajun spice you could use smoked paprika, sweet paprika, ground coriander, or chilli powder (to taste).

If you are looking for some extra carbs to add to this meal you could try roasted sweet potatoes, cooked quinoa or black rice.



### 1. COOK THE RED ONION

Heat a large frypan over medium-high heat with **oil**. Slice red onion, add to pan as you go. Remove kernels from corn cobs. Add to pan. Cook, stirring occasionally, for 6-8 minutes or until onion is soft.



### 2. MAKE GREEN DRESSING

Finely slice chives. Add to a bowl along with **3 tbsp olive oil, 2 tbsp vinegar, salt and pepper**. Whisk to combine.



### 3. COOK THE STEAKS

Heat a second frypan over medium-high heat. Coat steaks in **oil, 1 tbsp cajun spice, salt and pepper**. Add to pan and cook for 2-4 minutes each side or until cooked to your liking.



### 4. PREPARE VEGETABLES

Halve cherry tomatoes and chop lettuce.



### 5. FINISH AND SERVE

Arrange fresh and cooked vegetables on plates. Serve with steak and green dressing.

**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**

