



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!



G4 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

 4 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** 33g **TOTAL FAT** 17g **CARBOHYDRATES** 40g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
RED ONION	1
CORN COBS	2
CHERRY TOMATOES	1 bag (200g)
PARSLEY	1 bunch
BEEF STIR-FRY STRIPS	500g

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 and red onion, cut corn into cobs. Toss in a lined oven dish along with cherry tomatoes, **oil, 1 tbsp rosemary, salt and pepper**. Roast for 20–25 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, 2 tsp paprika, salt and pepper**. Add to pan in batches, 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**

