



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Purple Carrot

While purple carrots and orange carrots have the same nutritional value, purple carrots have better anti-inflammatory and anti-oxidative effects!



G4 Beef Steaks with Capsicum Sauce and Roasted Carrots

Hearty beef steaks served with a homemade capsicum sauce, a rainbow of roasted carrots, and fresh leaves.

Spice it up!

Add a garlic clove and dried chilli flakes to your capsicum sauce for extra flavour! You can season your steaks with ground paprika, garlic powder or dried thyme.

 30 minutes

 4 servings

 Beef

20 May 2022

Per serve: **PROTEIN** 37g **TOTAL FAT** 15g **CARBOHYDRATES** 17g

FROM YOUR BOX

DUTCH CARROTS	1 bunch
PURPLE CARROTS	2
RED CAPSICUM	1
ALMONDS	1 packet (20g)
BEEF STEAKS	600g
GREEN BEANS	1 bag (250g)
MESCLUN LEAVES	1 bag (120g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, red wine vinegar, dried marjoram

KEY UTENSILS

frypan, oven tray, stick mixer (or small blender)

NOTES

Substitute dried marjoram with dried oregano, dried thyme or dried rosemary.

Dress mesclun leaves with olive oil and red wine vinegar if desired.



1. ROAST THE CARROTS

Set oven to 220°C.

Trim dutch carrots and quarter purple carrots. Toss on a lined oven tray with **oil**, **2 tsp marjoram** (see notes), **salt and pepper**. Roast for 15–20 minutes until carrots are tender.



2. COOK THE CAPSICUM

Heat a frypan over high heat with **oil**. Slice capsicum and add to pan. Cook, stirring occasionally, for 3–5 minutes until lightly charred. Reserve pan.



3. MAKE CAPSICUM SAUCE

Add cooked capsicum to a jug along with almonds, **1 1/2 tbsp olive oil**, **3 tsp vinegar**, **salt and pepper**. Blend to a smooth consistency.



4. COOK THE STEAKS

Reheat frypan over medium–high heat. Coat steaks in **oil**, **salt and pepper**. Add steaks to frypan and cook for 2–3 minutes on each side, or until cooked to your liking. Remove from pan to rest, keep pan over heat.



5. COOK THE GREEN BEANS

Add extra **oil** to the pan if needed. Trim green beans and cut into thirds. Add to pan and cook for 2–3 minutes until tender.



6. FINISH AND SERVE

Divide roasted carrots among plates along with fresh mesclun leaves (see notes), steaks and green beans. Serve with capsicum 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

