



Product Spotlight: Sugarloaf Cabbage

Sugarloaf (*Brassica oleracea*) is an heirloom variety of cabbage that dates back to 1655! It has a lovely mild flavour and is sweeter than most other cabbage. This variety is fantastic cooked or raw in salads and coleslaw.



Sumac Beef Steaks with Charred Harissa Cabbage

Grass-fed beef steaks coated in sumac and BBQ'd, served with charred harissa sugarloaf cabbage, fresh coriander salsa and garlic yoghurt.



20 minutes



4 servings



Beef

30 December 2022

Spice it up!

Substitute sumac with dried coriander, lemon pepper, dried oregano, ground cumin or lemon zest.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	39g	12g	23g

FROM YOUR BOX

SUGAR LOAF CABBAGE	1
HARISSA PASTE	1 sachet
NATURAL YOGHURT	1 tub
BEEF STEAKS	600g
TOMATOES	2
SHALLOT	1
CORIANDER	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, 1 garlic clove, sumac, vinegar (of choice)

KEY UTENSILS

BBQ (or griddle pan)

NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.



1. PREPARE THE CABBAGE

Mix harissa paste with **2 tbsp olive oil**. Wedge cabbage. Coat cabbage wedges with prepared harissa paste.



2. BBQ THE CABBAGE

Heat a BBQ over medium-high heat. Add cabbage wedges and cook for 4-5 minutes each side until charred.



3. MAKE THE GARLIC YOGHURT

Crush **garlic clove**. Add to a bowl along with yoghurt, **salt and pepper**. Stir to combine. Set aside in fridge if it's a particularly warm day.



4. BBQ THE STEAKS

Coat steaks in **oil, 2 tsp sumac, salt and pepper**. Add to BBQ and cook for 2-4 minutes each side until cooked to your liking. Set aside to rest.



5. MAKE THE SALSA

Dice tomatoes and shallot. Roughly chop coriander (including stems). Add to a bowl along with **2 tsp vinegar, salt and pepper**. Stir to combine.



6. FINISH AND SERVE

Serve steaks, salsa and cabbage tableside. Drizzle 1/2 garlic yoghurt over cabbage and serve remaining on the 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**

