



**Product Spotlight:
Harissa Paste**

Made in Tasmania, Island Currie's harissa is a delicious red chilli pepper-based paste frequently seen in Moroccan cuisine. It's gluten free and has no added preservatives or fillers.



Sumac Beef Steaks

with Charred Harissa Cabbage

Beef steaks coated in sumac and BBQ'd, served with charred harissa cabbage, fresh coriander salsa and garlic yoghurt.



20 minutes



2 servings



Beef

Spice it up!

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

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
| | 44g | 30g | 33g |

FROM YOUR BOX

| | |
|-----------------|----------|
| HARISSA PASTE | 1 sachet |
| GREEN CABBAGE | 1/2 |
| GARLIC CLOVE | 1 |
| NATURAL YOGHURT | 1 tub |
| BEEF STEAKS | 300g |
| TOMATO | 1 |
| SHALLOT | 1 |
| CORIANDER | 1 packet |

FROM YOUR PANTRY

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

KEY UTENSILS

BBQ (or griddle pan)

NOTES

Use cabbage to taste. Any leftover cabbage can be used in coleslaws, added to fried rice or pickled!



1. PREPARE THE CABBAGE

Mix harissa paste with **2 tbsp olive oil**. Wedge cabbage (see notes) and coat 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, 1 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 tomato and shallot. Roughly chop coriander (including stems). Add to a bowl along with **1 1/2 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.



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