DINNER TWIST
LOCAL, HEALTHY, DELIVERED

Product Spotlight: Zucchini

Zucchini contains very high levels of lutein and zeaxanthin - phytonutrients which prevent eye diseases that cause blindness!

Beef Steaks
with Ratatouille

Hearty beef steaks served with a delicious, quick and easy stove-top ratatouille packed full of vegetables.

Switch it up!

If you have some extra time on your hands you can bake your ratatouille in the oven. Thinly slice the vegetables, arrange them in an oven dish and pour over tinned tomatoes and seasoning. Bake until tender.

🕒 25 minutes 　 🍴 2 servings 　 🥩 Beef

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	33g	22g	20g

FROM YOUR BOX

EGGPLANT	1
ZUCCHINI	1
RED CAPSICUM	1
GARLIC CLOVE	1
CRUSHED TOMATOES	400g
BEEF STEAKS	300g
ROCKET LEAVES	120g

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano, balsamic vinegar

KEY UTENSILS

2 frypans

NOTES

Add some fresh rosemary or oregano if you have some on hand.

You can stir any resting juices from the steak into the ratatouille for extra flavour.

1. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **oil.** Dice **eggplant**, **zucchini** and **capsicum**. Add to pan as you go. Cook for 5 minutes until vegetables begin to soften.

2. SIMMER THE SAUCE

Stir in **crushed garlic**, **tomatoes**, **1/2 tin water**, **2 tsp dried oregano** and **2 tsp balsamic vinegar** (see notes)**.** Cook, semi-covered, stirring occasionally for 10-15 minutes until thickened. Season with **salt and pepper.**

3. COOK THE STEAK

Meanwhile, heat a second frypan over medium-high heat. Coat **steaks** with **oil, salt and pepper.** Cook for 2-4 minutes each side or until cooked to your liking. Set aside to rest (see notes).

4. DRESS THE ROCKET

In a bowl whisk together **2 tsp balsamic vinegar, salt and pepper.** Add **rocket leaves** and toss until well coated.

5. FINISH AND SERVE

Divide **ratatouille** among plates. Serve with **dressed rocket leaves** and **steak**.

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**