




**Product Spotlight:
Pepitas**


Pepitas are the edible seeds of a pumpkin without the shell and are a good source of protein!




Golden Turmeric Sweet Potato with Beef Steaks

White sweet potato roasted until tender with turmeric and cumin then layered on plates with fresh rocket. Served alongside steaks with a drizzle of lemon garlic yoghurt and finished with pepita seeds.

 35 minutes

 2 servings

 Beef

Different Flavours

Change the flavours and rub the steaks with a herb such as dried tarragon. Serve with whipped or mashed sweet potato and fresh rocket leaves.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	61g	20g	30g

FROM YOUR BOX

LEMON	1
WHITE SWEET POTATO	500g
NATURAL YOGHURT	1 tub
GARLIC CLOVE	1
PEPITAS	40g
BEEF STEAKS	300g
ROCKET LEAVES	60g

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground turmeric, cumin seeds (or ground cumin)

KEY UTENSILS

oven tray, large frypan

NOTES

Due to the shortage of cauliflower at present, we have replaced it with white sweet potato.



1. ROAST THE SWEET POTATO

Set oven to 220°C. Zest lemon to yield 1/2 tsp and set aside for step 2.

Cut sweet potato into bite sized chunks and halve lemon (see notes). Toss together on a lined tray with **oil, 1 tsp turmeric, 1-2 tsp cumin seeds, salt and pepper**. Roast for 20 minutes or until tender and golden.



4. COOK THE STEAKS

Rub steaks with **oil, salt and pepper**. Cook in the frypan for 3 minutes on each side or until cooked to your liking. Set aside to rest.



2. MAKE THE GARLIC YOGHURT

Combine yoghurt with 1/2 tsp lemon zest, crushed garlic, **2 tbsp water, salt and pepper**. Set aside in the fridge until serving.



3. TOAST THE PEPITAS

Toast pepitas in a large dry frypan for 2-3 minutes over medium-high heat. Transfer to a serving bowl. Reserve frypan over medium-high heat.



5. FINISH AND SERVE

Layer roasted sweet potato with rocket leaves and pepitas onto serving plates. Slice and add steaks on top, drizzle with garlic yoghurt sauce and juice from the roasted lemon.



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