



### Product Spotlight: Dukkah


Dukkah is traditionally an Egyptian condiment consisting of herbs, nuts, and spices.




## Seared Steaks

### with Dukkah & Roast Vegetable Medley

Roast veggie medley tossed with baby spinach and dukkah, served with seared beef steaks and a green chilli yoghurt dressing.

 35 minutes

 2 servings

 Beef

## Wrap it up!

*Serve vegetables and steaks (or the leftovers) in wraps! You can keep the tomatoes, spinach and capsicum fresh.*

Per serve: **PROTEIN** 40g **TOTAL FAT** 23g **CARBOHYDRATES** 34g

## FROM YOUR BOX

SWEET POTATO	400g
YELLOW CAPSICUM	1
SHALLOT	1
TOMATO	1
GREEN CHILLI	1
NATURAL YOGHURT	1 tub
BEEF STEAKS	300g
BABY SPINACH	60g
DUKKAH	10g

## FROM YOUR PANTRY

oil for cooking, salt, pepper, ground coriander, cumin seeds (see notes)

## KEY UTENSILS

oven tray, large frypan, stick mixer

## NOTES

Rub steaks with 1 tsp ground coriander or cumin for added flavour!

If you don't have cumin seeds you could use fennel seeds or toast and add the dukkah to the yoghurt instead.



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## 1. ROAST THE VEGETABLES

Set oven to 220°C.

Dice **sweet potato** and slice **capsicum**. Wedge **shallot** and **tomato**. Toss on a lined oven tray with **1-2 tsp ground coriander, oil, salt and pepper**. Roast in the oven for 20-25 minutes or until tender.



## 4. COOK THE STEAKS

Coat **steaks** with **oil, salt and pepper** (see notes). Cook in the heated pan for 2-3 minutes each side or to your liking. Set aside to rest.



## 2. BLEND THE DRESSING

Roughly chop and deseed (optional) **green chilli**. Blend together with **yoghurt** using a stick mixer. Season to taste with **salt and pepper**.



## 5. TOSS IN THE SPINACH

Toss **spinach** and **dukkah** through the **roast vegetables** just before serving.



## 3. TOAST THE CUMIN SEEDS

Add **2 tsp cumin seeds** to a frypan. Toast over medium-high heat for 1-2 minutes or until fragrant. Stir into **yoghurt dressing**. Set aside in the fridge until serving, keep the pan over high heat.



## 6. FINISH AND SERVE

Slice **steaks** (optional).

Divide **roast veggie salad** and sliced **steak** between plates. Serve with **green chilli yoghurt dressing**.

**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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

