



Product Spotlight: Zesting Citrus

When zesting lemons, limes, or oranges, you want to make sure to only remove the brightly coloured flesh of the peel. Avoid the white part, or pith, directly underneath the peel; this is quite bitter.



Southwestern Steak Salad with Lime Vinaigrette

Hearty salad with layers of flavours and textures. Sweet cooked onion and capsicum served with fresh lettuce leaves, moist steaks, crunchy pistachios and a zesty vinaigrette.



30 minutes



2 servings



Beef

Add some carbs!

Toss some cooked quinoa, brown rice or roasted potatoes with remaining vegetables and dressing for a more substantial side to the steaks.

Per serve: **PROTEIN** 33g **TOTAL FAT** 26g **CARBOHYDRATES** 22g

FROM YOUR BOX

| | |
|-----------------|------|
| BEEF STEAKS | 300g |
| GARLIC CLOVE | 1 |
| LIME | 1 |
| ORANGE | 1 |
| YELLOW CAPSICUM | 1 |
| SHALLOT | 1 |
| TOMATO | 1 |
| PISTACHIOS | 40g |
| MESCLUN LEAVES | 60g |

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, soy sauce

KEY UTENSILS

large frypan

NOTES

You can cook the vegetables and steaks on the barbecue or on a hotplate if you like!

If you like to add some cheese, feta or blue cheese would be delicious!



1. MARINATE THE STEAK

Rub **beef steaks** with **crushed garlic**, **2 tsp soy sauce** and **pepper**. Set aside to marinate.



2. MAKE THE VINAIGRETTE

Zest **1/2 lime** and **1/2 orange**. Combine with **juice from both fruits**, **1/4 cup olive oil**, **salt** and **pepper**.



3. COOK THE STEAKS

Heat a frypan with **oil** over medium-high heat. Add **steaks** and cook for 3-4 minutes on each side or until cooked to your liking. Set aside to rest, keep pan over heat.



4. COOK THE VEGGIES

Cut **capsicum** into strips and wedge **shallot** (see notes). Add to frypan and cook for 5-8 minutes, tossing, until cooked to your liking. Season with **salt** and **pepper**.



5. PREPARE THE INGREDIENTS

Dice **tomato** and roughly chop **pistachios**. Slice **steaks**. Set aside with **mesclun leaves**.



6. FINISH AND SERVE

To assemble the **salad**, divide **mesclun leaves** into bowls (or use a large platter). Top with **tomatoes**, **capsicum**, **shallot**, **steak** and **pistachios** (see notes). Drizzle with **lime vinaigrette** to serve.



Scan the QR code to submit a Google review!

How did the cooking go? Share your thoughts via **My Recipes** tab in your **Profile** and leave a review. Something not right? Text us on **0440 132 826** or email **hello@dinnertwist.com.au**

