




**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	TOTAL FAT	CARBOHYDRATES
	42g	38g	35g

FROM YOUR BOX

BEEF STEAKS	300g
GARLIC CLOVE	1
LIME	1
ORANGE	1
YELLOW CAPSICUM	1
RED ONION	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 **red onion** (see notes). Add to frypan and cook for 5–8 minutes, tossing, until cooked to your liking.



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, onion, steak and pistachios (see notes). Drizzle with lime vinaigrette to serve.



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