




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.

 25 minutes

 4 servings

 Beef

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.

Per serve: **PROTEIN** 39g **TOTAL FAT** 8g **CARBOHYDRATES** 19g

FROM YOUR BOX

EGGPLANT	1
ZUCCHINIS	2
RED CAPSICUM	1
GARLIC CLOVES	2
CRUSHED TOMATOES	400g
BEEF STEAKS	600g
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, zucchinis 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 tin water**, **1 tbsp dried oregano** and **1 tbsp 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 **1 tbsp 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.



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