



Product Spotlight: Tomatoes

Although tomatoes are fruit, they are more like vegetables nutritionally. Keep them on your bench top for a rich, ripe flavour.



Harissa Beef Steaks

with Charred Tomato Salad

Beef steaks coated with flavourful harissa paste, served with a bright and vibrant charred tomato and capsicum salad, and a fresh mint dressing.



30 minutes



Beef



4/6 servings

Bulk it up!

To bulk this dish up and get extra serves, add grains such as quinoa, buckwheat or brown rice. You could also can grilled zucchini, fresh salad leaves, and olives.

| Per serve : | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|-------------|---------|-----------|---------------|
| | 18g | 8g | 9g |

FROM YOUR BOX

| | 4 PERSON | 6 PERSON |
|--------------------|----------|-------------|
| GARLIC CLOVES | 2 | 3 |
| LEMON | 1 | 2 |
| MINT | 60g | 60g |
| LEBANESE CUCUMBERS | 2 | 3 |
| TOMATOES | 3 | 4 |
| YELLOW CAPSICUM | 1 | 2 |
| RED ONION | 1 | 1 |
| BEEF STEAKS | 600g | 600g + 300g |
| HARISSA PASTE | 1 sachet | 2 sachets |

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground coriander

KEY UTENSILS

BBQ or griddle pan, or large frypan (see notes)

NOTES

Use BBQ flat top or frypan, or keep tomato and capsicum fresh.

Barbecue lemon and add juice to dressing for a smoky, deeper flavour.

For extra flavour, add 1-2 tsp ground sumac to the veggies.



1. MAKE THE DRESSING

Finely chop **mint leaves**. Add to a bowl along with **crushed garlic**, **lemon zest** and **juice** (see notes), **1/4 cup olive oil**, **salt and pepper**. Mix to combine.

6P – add zest and juice from 1 1/2 lemons (wedge remaining), and 1/3 cup olive oil.



2. PREPARE THE INGREDIENTS

Wedge **tomatoes** and **onion**. Cut thick slices of **capsicum**. Toss with **oil**, **2 tsp coriander** (see notes), **salt and pepper**.

Cut **cucumber** into angular pieces and set aside.

6P – toss veggies with 3 tsp coriander.



3. GRILL THE VEGGIES

Heat a BBQ over medium-high heat. Add **tomato**, **red onion** and **capsicum**. Cook for 4-6 minutes until charred and tender. Remove to a large bowl and keep BBQ on for step 4.



4. COOK THE STEAKS

Season **steaks** with **salt and pepper** and coat with **harissa paste**. Add extra **oil** to BBQ. Add **steaks** and cook for 2-4 minutes each side until cooked to your liking. Set aside to rest.

6P – coat steaks with 1 1/2 sachets of **harissa paste**.



5. TOSS THE SALAD

Add **grilled veggies**, **cucumber** and **dressing** to a large bowl. Toss to combine.



6. FINISH AND SERVE

Divide **steaks** among plates along with **charred tomato salad**.

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