



## 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

### Product Spotlight: Tomatoes

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



**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**.

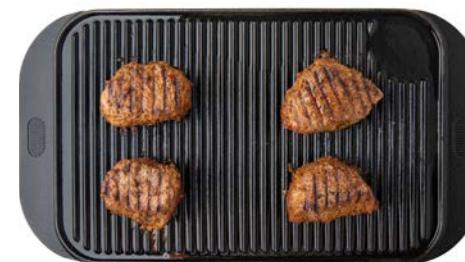
Cut **cucumber** into angular pieces and set aside.

**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**.

**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 **0448 042 515** or email **hello@dinnertwist.com.au**

