

**Product Spotlight:
Ginger**

Store your ginger in the freezer! Peel before you store. When you need to use it, it is easier to grate the ginger while it is frozen. Leftover ginger and the peel can be used in tea, stock or poaching liquid for extra flavour.



Lemon Dressed Beef Steaks with Ginger Crunch Salad

Seared beef steaks on a fresh salad featuring radish, avocado and parsley, dressed with a sweet and punchy ginger lemon dressing and finished with toasted sesame seeds.

Get prepared!

*Take the beef steaks out of the
fridge ahead of time so they come
to room temperature. This will help
them cook evenly.*

25 minutes

4/6 servings Beef

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
36g	27g	13g	

FROM YOUR BOX

	4 PERSON	6 PERSON
GINGER	1 piece	1 piece
LEMON	1	2
RADISHES	1 bunch	1 bunch
FENNEL	1	2
AVOCADO	1	2
PARSLEY	1 packet	2 packets
SESAME SEEDS	1 packet	2 packets
BEEF STEAKS	600g	600g + 300g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, maple syrup, ground coriander

KEY UTENSILS

large frypan

NOTES

Use a teaspoon to scrape the peel off the ginger. It is easier to get around the bumps and will reduce waste!

Use radishes to taste. Any spare radishes can be pickled and used at a later date!

You can use ground cumin or cumin seeds instead of ground coriander if preferred.



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1. PREPARE THE DRESSING

Peel and grate **ginger** (see notes). Whisk together with **lemon zest and juice**, **2 tbsp maple syrup**, **1/4 cup olive oil**, **salt and pepper**. Set aside.

6P – Whisk together zest from 1 lemon, juice from 1 – 2 lemons, 3 tbsp maple syrup, 1/3 cup olive oil, salt and pepper.



2. PREPARE THE SALAD

Thinly slice **radishes** and **fennel** (see notes). Slice **avocado** and chop **parsley**. Gently toss together with **1 tbsp of dressing**.

6P – Toss together with 2 tbsp dressing.



3. TOAST THE SESAME SEEDS

Heat a frypan over medium heat. Add **sesame seeds** and toast for 2–3 minutes until golden. Set aside to cool.

4. COOK THE STEAKS

Increase pan to medium-high heat. Coat **steaks** with **1 tbsp ground coriander**, **oil**, **salt and pepper** (see notes). Cook for 2–4 minutes each side or until cooked to your liking. Set aside to rest.

6P – Use 1 1/2 tbsp ground coriander.

5. FINISH AND SERVE

Divide **salad** among shallow bowls. Slice **steaks** and place on top. Sprinkle with **sesame seeds** and spoon over remaining **dressing** to taste.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0448 042 515** or send an email to **hello@dinnertwist.com.au**

