



**Product Spotlight:
Dukkah**

Dukkah is traditionally an Egyptian
condiment consisting of herbs, nuts,
and spices.



Seared Steaks

with Dukkah & Roast Vegetable Medley

Roast veggie medley tossed with baby spinach and dukkah, served with seared beef steaks and a green chilli yoghurt dressing.



35 minutes



4 servings



Beef

Wrap it up!

*Serve vegetables and steaks (or the
leftovers) in wraps! You can keep the
tomatoes, spinach and capsicum fresh.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	46g	29g	50g

FROM YOUR BOX

SWEET POTATO	800g
RED ONION	1
YELLOW CAPSICUM	1
CHERRY TOMATOES	200g
GREEN CHILLI	1
NATURAL YOGHURT	1 tub
BEEF STEAKS	600g
BABY SPINACH	120g
DUKKAH	10g

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground coriander, cumin seeds (see notes)

KEY UTENSILS

oven tray, large frypan, stick mixer

NOTES

Rub steaks with 1 tsp ground coriander or cumin for added flavour!

If you don't have cumin seeds you could use fennel seeds or toast and add the dukkah to the yoghurt instead.



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1. ROAST THE VEGETABLES

Set oven to 220°C.

Dice **sweet potato**, wedge **red onion** and slice **capsicum**. Toss on a lined oven tray with **cherry tomatoes**, **2 tsp ground coriander**, **oil**, **salt and pepper**. Roast in the oven for 20–25 minutes or until tender.



4. COOK THE STEAKS

Coat **steaks** with **oil**, **salt and pepper** (see notes). Cook in the heated pan for 2–3 minutes each side or to your liking. Set aside to rest.



2. BLEND THE DRESSING

Roughly chop and deseed (optional) **green chilli**. Blend together with **yoghurt** using a stick mixer. Season to taste with **salt and pepper**.



3. TOAST THE CUMIN SEEDS

Add **2 tsp cumin seeds** to a large frypan. Toast over medium–high heat for 1–2 minutes or until fragrant. Stir into yoghurt dressing. Set aside in the fridge until serving, keep the pan over high heat.



5. TOSS IN THE SPINACH

Toss **spinach** and dukkah through the roast vegetables just before serving.



6. FINISH AND SERVE

Slice steaks (optional).

Divide roast veggie salad and sliced steak between plates. Serve with green chilli yoghurt dressing.

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