



**Product Spotlight:  
Zesting Citrus**

When zesting lemons, limes, or oranges, you want to make sure to only remove the brightly coloured flesh of the peel. Avoid the white part, or pith, directly underneath the peel; this is quite bitter.



**Southwestern Steak Salad  
with Lime Vinaigrette**

Hearty salad with layers of flavours and textures. Sweet cooked onion and capsicum served with fresh lettuce leaves, moist steaks, crunchy pistachios and a zesty vinaigrette.

30 minutes 4/6 servings Beef

*Add some carbs!*

*Toss some cooked quinoa, brown rice or roasted potatoes with remaining vegetables and dressing for a more substantial side to the steaks.*

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	33g	21g/27g	21g

## FROM YOUR BOX

	4 PERSON	6 PERSON
BEEF STEAKS	600g	600g + 300g
GARLIC CLOVE	1	2
LIME	1	1
ORANGE	1	1
YELLOW CAPSICUM	1	2
RED ONION	1	1
TOMATOES	2	3
PISTACHIOS	40g	2 x 40g
MESCLUN LEAVES	120g	120g + 60g

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, soy sauce

## KEY UTENSILS

large frypan

## NOTES

You can cook the vegetables and steaks on the barbecue or on a hotplate if you like!

If you like to add some cheese, feta or blue cheese would be delicious!



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### 1. MARINATE THE STEAK

Rub **beef steaks** with **crushed garlic**, **1 tbsp soy sauce** and **pepper**. Set aside to marinate.

**6P** – rub **beef steaks** with **crushed garlic**, **1/2 tsp soy sauce** and **pepper**.



### 2. MAKE THE VINAIGRETTE

Zest **1/2 lime** and **1/2 orange**. Combine with **juice from both fruits**, **1/4 cup olive oil**, **salt** and **pepper**.

**6P** – zest **1 lime** and **1 orange**. Combine with **fruit from both fruits**, **1/3 cup olive oil**, **salt** and **pepper**.



### 3. COOK THE STEAKS

Heat a frypan with **oil** over medium-high heat. Add **steaks** and cook for 3-4 minutes on each side or until cooked to your liking. Set aside to rest, keep pan over heat.



### 4. COOK THE VEGGIES

Cut **capsicum** into strips and wedge **red onion** (see notes). Add to frypan and cook for 5-8 minutes, tossing, until cooked to your liking. Season with **salt** and **pepper**.



### 5. PREPARE THE INGREDIENTS

Dice **tomatoes** and roughly chop **pistachios**. Slice **steaks**. Set aside with **mesclun leaves**.



### 6. FINISH AND SERVE

To assemble the **salad**, divide **mesclun leaves** into bowls (or use a large platter). Top with **tomatoes**, **capsicum**, **red onion**, **steak** and **pistachios** (see notes). Drizzle with **lime vinaigrette** to serve.

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