



Product Spotlight: Zucchini

Zucchini is a fruit, although most times prepared and cooked as a vegetable. It is attached to an edible yellow flower.



Beef Steaks with Ratatouille

Hearty beef steaks served with a delicious, quick and easy stove-top ratatouille packed full of vegetables.

25 minutes 4/6 servings Beef

Switch it up!

If you have some extra time on your hands you can bake your ratatouille in the oven. Thinly slice the vegetables, arrange them in an oven dish and pour over tinned tomatoes and seasoning. Bake until tender.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	42g	14g	17g/21g

FROM YOUR BOX

	4 PERSON	6 PERSON
EGGPLANT	1	2
ZUCCHINIS	2	2
RED CAPSICUM	1	2
GARLIC CLOVES	2	3
CHOPPED TOMATOES	400g	2 x 400g
BEEF STEAKS	600g	600g + 300g
ROCKET LEAVES	120g	120g

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano, balsamic vinegar

KEY UTENSILS

2 frypans

NOTES

Add some fresh rosemary or oregano if you have some on hand.

You can stir any resting juices from the steak into the ratatouille for extra flavour.



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1. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **oil**. Dice **eggplant**, **zucchini**s and **capsicum**. Add to pan as you go. Cook for 5 minutes until **vegetables** begin to soften.



2. SIMMER THE SAUCE

Stir in **crushed garlic**, **tomatoes**, **1 tin water**, **1 tbsp dried oregano** and **1 tbsp balsamic vinegar** (see notes). Cook, semi-covered, stirring occasionally for 10-15 minutes until thickened. Season with **salt and pepper**.

6P - use **1/2-2 tbsp dried oregano** and **2 tbsp balsamic vinegar**.



3. COOK THE STEAK

Meanwhile, heat a second frypan over medium-high heat. Coat **steaks** with **oil**, **salt and pepper**. Cook for 2-4 minutes each side or until cooked to your liking. Set aside to rest (see notes).



4. DRESS THE ROCKET

In a bowl whisk together **1 tbsp balsamic vinegar**, **salt and pepper**. Add **rocket leaves** and toss until well coated.

6P - in a bowl whisk together **2 tbsp balsamic vinegar**, **salt and pepper**.



5. FINISH AND SERVE

Divide **ratatouille** among plates. Serve with **dressed rocket leaves** and **steak**.

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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

