



# **Product Spotlight: Radishes**

Pretty and delicious! Store covered in the fridge. If they soften, trim and place in a bowl of water in the fridge overnight. The strength can vary greatly, if too strong - slice and place in water for 15 minutes prior to eating!



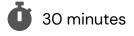
# Switch it up!

If you have fresh thyme in the garden you can add them to the veggie tray bake. Combine the chopped parsley and crushed garlic with softened butter to make a parsley butter for the steaks!

# **Parsley Lemon Steaks**

# with Roast Radish & Apple

Homely roasted radishes, apple and parsnip with ground nutmeg, served with seared rump steaks and finished with a lemon parsley sauce.





2 servings



TOTAL FAT CARBOHYDRATES

17g

#### FROM YOUR BOX

RADISHES	1/2 bunch *
RED APPLE	1
PARSNIPS	2
PARSLEY	1/2 bunch *
LEMON	1/2 *
BEEF RUMP STEAKS	300g
SNOW PEAS	1/2 bag (75g) *

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt and pepper, garlic (1/2 clove), ground nutmeg, white wine vinegar

#### **KEY UTENSILS**

frypan, oven tray

#### **NOTES**

The snow peas are tossed through the vegetables at the end so they retain their crunchiness, otherwise you can cook them in the pan with the steaks.

No beef option - beef rump steaks are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side or until cooked through.



#### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Trim and halve radishes. Wedge apple and cut parsnips into 3cm length pieces. Toss on a lined oven tray with 1/2 tsp nutmeg, oil, salt and pepper. Roast in oven for 25 minutes until cooked through.



# 2. MAKE THE PARSLEY SAUCE

Finely chop parsley. Combine with lemon juice, 1/2 tbsp vinegar and 1/4 cup olive oil. Season to taste with salt and pepper. Set aside.



#### 3. COOK THE STEAKS

Heat a frypan over medium-high heat. Coat steaks with oil, salt and pepper. Cook in pan for 4 minutes. Turn steaks over, add 1/2 crushed garlic clove and 1/2 tbsp butter. Cook for a further 3-4 minutes or to your liking. Set aside to rest.



# 4. TOSS THROUGH SNOW PEAS

Trim and halve snow peas. Toss through the roast vegetables to warm through.



# 5. FINISH AND PLATE

Divide vegetables and steaks among plates. Spoon over parsley sauce to taste.



