



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!



4 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.



30 minutes



2 servings



Beef

20 July 2020

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!

Per serve: **PROTEIN** 34g **TOTAL FAT** 47g **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) *

**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.



4. TOSS THROUGH SNOW PEAS

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



5. FINISH AND PLATE

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



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.

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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

