



### 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

 4 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** 27g **CARBOHYDRATES** 15g

## FROM YOUR BOX

RADISHES	1 bunch
RED APPLES	2
PARSNIPS	3
PARSLEY	1/2 bunch *
LEMON	1/2 *
BEEF RUMP STEAKS	600g
SNOW PEAS	1/2 bag (125g) *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt and pepper, garlic (1 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 apples and cut parsnips into 3cm length pieces. Toss on a lined oven tray with **1 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 crushed garlic clove** and **1 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**

