



### Product Spotlight: Sayaka's Kitchen



Sayaka's Kitchen was established in Perth in 1995. The recipes they use have been handed down for generations for over 100 years and originate from Kanazawa in Japan. We love their miso sauce, and we think you will too!

## Miso Butter Steak

### with Togarashi Fries and Pear Salad

This meal is not your average steak and fries! Crispy potato fries tossed with a custom-blend togarashi spice mix and served with beef steaks with miso butter and a fresh pear and greens salad!



30 minutes



2 servings



Beef

## Spice it up!

*Add a pinch of dried chilli flakes or finely chopped red chilli to the miso butter. You can also add a crushed garlic clove and finely sliced chives or spring onion green tops if you have some.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g	49g	63g

## FROM YOUR BOX

MEDIUM POTATOES	3
WATERCRESS	100g
PEAR	1
AVOCADO	1
MISO SAUCE	1 sachet
BEEF STEAKS	300g
TOGARASHI SPICE	1 packet

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, butter, apple cider vinegar

## KEY UTENSILS

oven tray, frypan

## NOTES

If you have a chip cutter on a food processor, you can use it to cut thinner batons to make fries. You can cut the potatoes into thicker chips or wedges if preferred.

Mixing the miso sauce into the butter by hand will take 1-2 minutes until it is completely combined. Alternatively, use a stick mixer. Any leftover butter can be stored in the fridge to use at a later date.

*Togarashi spice: mixed sesame seeds, lemon pepper, dried chilli flakes.*



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### 1. COOK THE FRIES

Set oven to 220°C. Take **60g butter** out of the fridge to soften.

Cut potatoes into thin batons to make fries (see notes). Toss on a lined oven tray with **oil, salt and pepper**. Roast in oven for 20-25 minutes until golden and cooked through.



### 4. COOK THE STEAKS

Coat steaks with remaining miso sauce. Heat a frypan over medium-high heat with **oil**. Cook steaks for 2-4 minutes on each side or until cooked to your liking. Set aside to rest.



### 2. PREPARE THE SALAD

Whisk together **1 tbsp vinegar** and **1 tbsp olive oil** in a large bowl. Trim and add watercress, slice pear and avocado. Toss with dressing and set aside.



### 3. PREPARE THE MISO BUTTER

Add 1/2 sachet miso sauce to **butter**. Use a fork to mix continuously until combined (see notes).



### 5. TOSS THE FRIES

Toss fries with togarashi spice until coated or sprinkle the spice on top of the fries.



### 6. FINISH AND SERVE

Serve steaks with a spoonful of miso butter and a side of fries and salad.

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