



Product Spotlight: Pear

Pears are best eaten with their skin on; it contains an abundance of beneficial nutrients!



Miso 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!

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.



30 minutes



2 servings



Beef

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

FROM YOUR BOX

MEDIUM POTATOES	3
WATERCRESS	100g
PEAR	1
AVOCADO	1
MISO PASTE	1 tub
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.

You can freeze any leftover miso paste to use in the future. It can be used to flavour a stock or combined with oil to make a marinade.

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



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1. COOK THE FRIES

Set oven to 220°C. Take **40g 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 **1/2 tsp miso paste** and **oil** (see notes). 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 tsp miso paste** to **butter**. Use a fork to mix continuously until combined.



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.

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**

