



Product Spotlight: Sweet Potato

Sweet potatoes are not related to ordinary potatoes at all. They belong to the morning glory family, while potatoes are nightshades.



Mustard Steak with Sweet Potato Rösti

Golden sweet potato and feta rösti stacked with sliced garlic beef, a punch of Dijon and a crisp apple and watercress salad.



45 minutes



2 servings



Beef

Short on time?

Skip shaping and cook the grated sweet potato as rounds instead. Same crispy result, less fuss. For extra flavour, stir a little horseradish or chilli into the Dijon.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	55g	37g	31g

FROM YOUR BOX

BEEF STEAK (ONE PIECE)	300g
GARLIC CLOVE	1
SWEET POTATO	400g
FETA CHEESE	200g
GREEN APPLE	1
WATERCRESS	1 sleeve
DIJON MUSTARD	23g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, flour (of choice), vinegar (apple cider), 1 egg, dried oregano

KEY UTENSILS

frypan, oven tray, oven dish

NOTES

Squeeze the grated sweet potato really dry before shaping, so it crisps up golden instead of going soft. Make smaller rösti if you prefer, they're easier to turn and have extra crunchy edges.



1. MARINATE THE STEAK

Set oven to 220°C.

Coat steak with **crushed garlic, oil, salt and pepper**. Set aside.



2. MAKE THE RÖSTI MIX

Peel and coarsely grate **sweet potato**. Squeeze out as much moisture as possible using clean hands or a tea towel (see notes). Mix with **100g crumbled feta, 1 egg, 2 tsp dried oregano, salt and pepper**.



3. COOK THE RÖSTI

Shape **mixture** into 2 rösti. Press each into **flour** to coat. Heat a frypan with **oil** over medium-high heat and cook for 2-3 minutes each side until golden.

Transfer to a lined oven tray and bake for 8-10 minutes until tender and golden.



4. COOK THE STEAK

Return the frypan to medium-high heat with a little **oil**. Brown the **beef** for 2-3 minutes on each side, then transfer to an oven dish and finish in the oven for 5 minutes or until cooked to your liking.



5. PREPARE THE SALAD

Whisk **1 tbsp vinegar, 2 tbsp olive oil, salt and pepper** in a salad bowl. Thinly slice **apple** and add with the **watercress** and **remaining feta**. Toss to coat.



6. FINISH AND SERVE

Rest **beef** for 5 minutes, then slice. Serve with **rösti, salad** and **Dijon mustard**.



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