

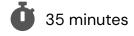




# **Seared Steaks**

## with Roasted Apples, Root Veg & Honey Dressing

Perfectly cooked steaks topped with soft Persian Feta cheese, served with a roasted apple, parsnip and baby carrot medley finished with a caramelised shallot and honey dressing.







Save this recipe!

Save this salad recipe – it is a delicious side dish and can be adjusted to taste! You can add halloumi, lentils or a grain. Alternatively, serve as is alongside roast chicken or pork.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

52g 46

6g

22g

#### **FROM YOUR BOX**

DUTCH CARROTS	1 bunch
PARSNIP	1
RED APPLE	1
SHALLOT	1
HONEY SHOT	1
BEEF STEAKS	300g
PERSIAN FETA CHEESE BALL	1 tub
PECAN & CRANBERRY MIX	50g
ROCKET LEAVES	120g

#### FROM YOUR PANTRY

olive oil, oil for cooking, salt, pepper, apple cider vinegar (see notes)

#### **KEY UTENSILS**

oven tray, frypan

#### **NOTES**

You can toast the pecans before cooking the steaks in a dry frypan for extra crunch.

If you don't have apple cider vinegar, you can use red wine vinegar instead.





## 1. ROAST THE VEG & APPLE

Set oven to 220°C.

Trim dutch carrots, wedge parsnip and apple. Toss with oil, salt and pepper on a lined oven tray. Roast for 20 minutes or until golden and tender.



### 2. CARAMELISE THE SHALLOT

Peel and dice **shallot**. Heat a frypan with **oil** over medium heat. Add shallot and sauté until soft and caramelised. Stir in **honey** and **1 tbsp vinegar**. Simmer for 30 seconds, transfer to a <u>large</u> serving bowl. Wipe out and reserve pan.



#### 3. FINISH THE DRESSING

Allow shallot mixture to cool down slightly, then slowly whisk in 2 tbsp olive oil until combined. Roughly chop pecans and add to dressing with cranberries (see notes). Season well with salt and pepper to taste.



### 4. COOK THE STEAKS

Reheat frypan over medium-high heat. Coat beef steaks in oil, salt and pepper. Cook steaks for 2-4 minutes or until cooked to your liking. Set aside to rest, crumble over feta cheese (use to taste).



## **5. DRESS THE VEGETABLES**

Toss the roasted apples and vegetables with the dressing to coat well.



#### 6. FINISH AND SERVE

Layer **rocket leaves** and dressed roast vegetables onto plates. Serve alongside cheesy steaks.

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



