

**Product Spotlight:
Pecans**

Pecan trees typically grow between 20–40 metres tall and can bear fruit for up to 300 years!



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.



35 minutes



2 servings



Beef

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	46g	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.



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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.



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).



2. CAMELISE 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 large serving bowl. Wipe out and reserve pan.



5. DRESS THE VEGETABLES

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



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.



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**

