



Product Spotlight: Ginger

Store your ginger in the freezer! Peel before you store. When you need to use it, it is easier to grate the ginger while it is frozen. Leftover ginger and the peel can be used in tea, stock or poaching liquid for extra flavour.



Lemon Dressed Beef Steaks

with Ginger Crunch Salad

Seared beef steaks on a fresh salad featuring radish, avocado and parsley, dressed with a sweet and punchy ginger lemon dressing and finished with toasted sesame seeds.



25 minutes



4 servings



Beef

Get prepared!

Take the beef steaks out of the fridge ahead of time so they come to room temperature. This will help them cook evenly.

Per serve: **PROTEIN** 62g **TOTAL FAT** 22g **CARBOHYDRATES** 13g

FROM YOUR BOX

GINGER	1 piece
LEMON	1
RADISHES	1 bunch
FENNEL	1
AVOCADO	1
PARSLEY	1 packet
SESAME SEEDS	1 packet
BEEF STEAKS	600g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, maple syrup, ground coriander

KEY UTENSILS

large frypan

NOTES

Use a teaspoon to scrape the peel off the ginger. It is easier to get around the bumps and will reduce waste!

Use radishes to taste. Any spare radishes can be pickled and used at a later date!

You can use ground cumin or cumin seeds instead of ground coriander if preferred.



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1. PREPARE THE DRESSING

Peel and grate **ginger** (see notes). Whisk together with **lemon** zest, **lemon** juice, **2 tbsp maple syrup**, **1/4 cup olive oil**, **salt** and **pepper**. Set aside.



2. PREPARE THE SALAD

Thinly slice **radishes** and **fennel** (see notes). Slice **avocado** and chop **parsley**. Gently toss together with **1 tbsp of dressing**.



3. TOAST THE SESAME SEEDS

Heat a frypan over medium heat. Add **sesame seeds** and toast for 2–3 minutes until golden. Set aside to cool.



4. COOK THE STEAKS

Increase pan to medium-high heat. Coat **steaks** with **1 tbsp ground coriander**, **oil**, **salt** and **pepper** (see notes). Cook for 2–4 minutes each side or until cooked to your liking. Set aside to rest.



5. FINISH AND SERVE

Divide salad among shallow bowls. Slice **steaks** and place on top. Sprinkle with **sesame seeds** and spoon over remaining **dressing** to taste.

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