

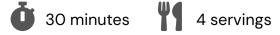




Miso Steak

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!







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.

PROTEIN TOTAL FAT CARBOHYDRATES

Add a pinch of dried chilli flakes or finely

38g

47g

FROM YOUR BOX

MEDIUM POTATOES	800g
WATERCRESS	100g
PEAR	1
AVOCADO	1
MISO PASTE	50g
BEEF STEAKS	600g
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.





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.



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 <u>1 tsp miso paste</u> to butter. Use a fork to mix continuously until combined.



4. COOK THE STEAKS

Coat **steaks** with <u>1 tsp miso paste</u> and **oil** (see notes). Heat a frypan over mediumhigh heat with **oil**. Cook steaks for 2-4 minutes on each side or until cooked to your liking. Set aside to rest.



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



