



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: WALNUTS

Walnuts are high in antioxidants with research suggesting a benefit in reducing risk of some cancers, heart disease and diabetes. Resist the urge to remove the skin, that's where 90% of the antioxidants are!

## 4. SEARED STEAKS WITH CAPSICUM SAUCE

 30 Minutes

 2 Servings

Beef rump steaks with golden roast sweet potato chips, fresh rocket and pear salad finished with a ginger capsicum sauce.

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
41g	55g	41g

18 May 2020

## FROM YOUR BOX

SWEET POTATOES	400g
RED CAPSICUM	1/2 *
GINGER	30g *
GREEN PEAR	1
LEBANESE CUCUMBER	1
WALNUTS	1/2 packet (65g) *
ROCKET LEAVES	1 bag (60g)
BEEF RUMP STEAKS	300g

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, maple syrup, red wine vinegar

## KEY UTENSILS

oven tray, frypan, stick mixer or blender

## NOTES

Spice up the dish - coat steaks in a dried herb of choice or spice such as cumin seeds or ground coriander.

**No beef option - beef rump steaks are replaced with chicken schnitzels.** Increase cooking time to 4-5 minutes on each side or until cooked through.



### 1. ROAST THE SWEET POTATOES

Set oven to 220°C.  
Cut sweet potatoes into wedges or chips. Toss on a lined oven tray with **oil, salt and pepper**. Bake in oven for 20-25 minutes or until cooked through.



### 4. COOK THE STEAK

Heat a frypan over medium-high heat. Coat steaks with **oil, salt and pepper**. Cook for 3-4 minutes each side or to your liking. Set aside to rest.



### 2. PREPARE THE CAPSICUM SAUCE

Dice capsicum. Peel and grate 1 tsp ginger. Blend together with **1 tsp maple syrup, 1/2 tbsp vinegar** and **2 tbsp olive oil** using a stick mixer or blender until smooth. Season with **salt and pepper**.



### 5. MAKE THE DRESSING

Whisk together **1/2 tbsp vinegar** and **1/2 tbsp olive oil**. Season with **salt and pepper**. Toss through salad.



### 3. PREPARE THE SALAD

Slice the pears and cucumber. Roughly chop walnuts. Toss together with rocket leaves. Set aside.



### 6. FINISH AND PLATE

Divide sweet potatoes, salad and steak among plates. Serve with capsicum sauce.