



Product Spotlight: Sweet Corn

Corn is an unusual food, falling into not just one food category but two.

While the kernels are classified as a vegetable, if you dry them and make popcorn, they are considered a grain!



Grilled Steak Subs with Chimichurri

Crusty rolls filled with strips of seared beef steak and fresh mint chimichurri sauce – delicious cooked on the BBQ along with corn on the cob!



25 minutes



2 servings



Beef

Switch it up!

Customise these subs with any extra vegetables you may have! BBQ capsicum, sliced avocado or diced cucumber work well. Add a squeeze of lime or a dollop of sour cream if you have some!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	45g	34g	71g

FROM YOUR BOX

CORN COB	1
BROWN ONION	1
MINT	1 packet
TOMATO	1
GARLIC CLOVE	1
PANINI ROLLS	2-pack
BEEF STEAKS	300g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, red wine vinegar, chilli flakes (optional), smoked paprika

KEY UTENSILS

griddle pan or BBQ

NOTES

We recommend using the flat side of a griddle pan or BBQ so that you can BBQ the onion at the same time as the corn!

No gluten option – hotdog rolls are replaced with GF bread rolls.



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1. BBQ THE CORN & ONIONS

Heat BBQ or flat side of griddle pan over medium-high heat (see notes). Remove husks and silks from **corn cob** and slice **onion**. Add to BBQ/pan with **oil** and cook for 10 minutes, turning and stirring occasionally, or until corn is charred and onions soft. Remove to a plate.



4. COOK THE STEAKS

Coat **steaks** with **2 tsp smoked paprika, oil, salt and pepper**. Cook on BBQ/griddle pan for 2-4 minutes each side or until cooked to your liking. Set aside on a chopping board.



2. MAKE THE CHIMICHURRI

Meanwhile, finely chop **mint** leaves and **tomato**. Combine with crushed **garlic clove, 1 tbsp red wine vinegar, 1 tbsp olive oil, 1/4 tsp chilli flakes (optional), salt and pepper**. Set aside.



5. FINISH AND SERVE

Slice steaks and cut corn into cobs. Assemble rolls with cooked onion, sliced steaks and chimichurri. Serve with corn.



3. WARM THE ROLLS

Slice **panini rolls** open and coat with **oil**. Warm on the heated BBQ/griddle pan until lightly charred. Set aside and keep pan over heat.

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**

