



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 Tacos with Chimichurri

Soft wheat tacos 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



4 servings



Beef

Switch it up!

Customise these tacos 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** 44g **TOTAL FAT** 21g **CARBOHYDRATES** 64g

FROM YOUR BOX

CORN COBS	2
MINT	1 packet
TOMATO	1
GARLIC CLOVE	1
BROWN ONION	1
PLAIN WRAPS	12-pack
BEEF STEAKS	600g
MEXICAN SPICE MIX	1 packet

FROM YOUR PANTRY

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

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!

No gluten option – plain wraps are replaced with corn tortillas.



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1. BBQ THE CORN

Remove husks and silks from corn cobs and rub with **oil**. Heat BBQ or flat side of griddle pan over medium-high heat (see notes). Cook for 10 minutes, turning occasionally, or until cooked through.



2. MAKE THE CHIMICHURRI

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.



3. COOK THE ONION

Slice onion and add to pan with **oil**. Cook for 5–8 minutes until softened.



4. WARM THE WRAPS

Warm wraps for 30 seconds each side on griddle pan. Keep warm in a clean tea towel until serving.



5. COOK THE STEAKS

Coat steaks with Mexican spice mix, **oil**, **salt and pepper**. Cook on griddle pan for 2–4 minutes each side or until cooked to your liking.



6. FINISH AND SERVE

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

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**

