



Product Spotlight: Sweet Potatoes

Sweet potatoes store best in a cool, dark, and well-ventilated place, not the fridge. Cold temperatures can alter their texture and make them taste oddly hard or woody.



Korean BBQ Steaks with Sesame Fries

Beef steaks cooked in Korean BBQ sauce, served with mixed colour sweet potato fries tossed in sesame seeds and fried shallots, pickled vegetables and aioli.



40 minutes



Beef



4/6 servings

Spice it up!

Switch this dish up to make loaded fries! Divide fries into bowls, top with sliced steak, aioli, pickled veggies and toppings. You can switch the aioli for BBQ sauce for a sweeter finish.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	24g/40g	33g/47g	62g

FROM YOUR BOX

	4 PERSON	6 PERSON
ORANGE SWEET POTATOES	400g	800g
PURPLE SWEET POTATOES	400g	400g
LEBANESE CUCUMBERS	2	3
CARROTS	2	3
AIOLI	1 sachet	2 sachets
KOREAN BBQ SAUCE	2 sachets	3 sachets
SPRING ONIONS	1 bunch	1 bunch
RED CHILLI	1	1
LIME	1	2
BEEF STEAKS	600g	600g + 300g
SESAME SEEDS + FRIED SHALLOTS	1 packet	2 packets

FROM YOUR PANTRY

oil for cooking, salt, pepper, white wine vinegar, sugar of choice

KEY UTENSILS

large frypan, oven tray

NOTES

Use a non-metallic bowl to pickle. Metal bowls can react with the pickling liquid and leave a metallic taste.

Remove seeds from chilli for a milder heat.



1. MAKE SWEET POTATO FRIES

Set oven to 220°C.

Cut **sweet potatoes** into chips. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20–25 minutes until golden and crispy.



4. COOK THE STEAKS

Coat **steaks** with **oil, salt and pepper**. Heat a large frypan over medium-high heat. Add steaks and cook for 2–4 minutes each side until cooked to your liking. Remove steaks to a plate and keep pan over heat.



2. PICKLE THE VEGETABLES

In a non-metallic bowl (see notes) whisk together **1/3 cup vinegar, 1/3 cup water, 2 tsp salt** and **2 tsp sugar**. Crescent **cucumber** and julienne or ribbon **carrot**, add to bowl and toss to combine.

6P – add 1/2 cup each vinegar and water, and 3 tsp each salt and sugar to bowl.



5. MAKE THE STEAK SAUCE

Add **spring onion whites** to the frypan (add extra oil if needed) and cook for 2 minutes. Stir in the remaining **Korean BBQ sauce** and **1/4 cup water**, then cook for another 2 minutes to warm through. Remove from heat and return the steaks to the pan, turning to coat in the sauce.

6P – add 1/3 cup water.



3. PREPARE THE INGREDIENTS

Add **aioli** to a bowl along with **1/2 sachet Korean BBQ sauce** (reserve remaining for step 5). Mix to combine. Thinly slice **spring onions** (set whites aside for step 5) and **chilli**, and wedge **lime**.

6P – add 1 sachet Korean BBQ sauce to aioli.



6. FINISH AND SERVE

Drain **pickled vegetables** and toss **fries** with **sesame seed and fried shallot mix**.

Divide **sesame fries, pickled veggies** and **steaks** among plates. Garnish with **spring onion green tops** and **chilli**. Serve with **lime wedges** and **aioli**.

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