



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Spring Onions

Spring onions are very young onions, harvested before the bulb has had a chance to swell. The long, slender green tops & the small white bulb are edible, and are good either raw or cooked.



2 Beef Steaks with Corn Salad

Blackened corn tossed with kale slaw mix and a zingy chipotle dressing, served with beef steaks.

 30 mins

 2 servings

 Beef

16 July 2021

Tacos anyone?

The different components of this meal would make great fillings for tacos. Add a little fresh coriander, guacamole and drizzle over extra chipotle mayonnaise.

Per serve: **PROTEIN** 36g **TOTAL FAT** 38g **CARBOHYDRATES** 20g

FROM YOUR BOX

| | |
|---------------------|------------------|
| CORN COB | 1 |
| SPRING ONIONS | 1/2 bunch * |
| KALE SLAW MIX | 1/2 bag (200g) * |
| BEEF STEAKS | 300g |
| CHIPOTLE MAYONNAISE | 1/4 cup * |

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, ground coriander, white wine vinegar

KEY UTENSILS

large frypan

NOTES

The chipotle mayonnaise does have some kick to it. If you prefer your spice levels on the lower side, mix some regular mayonnaise with the chipotle mayonnaise.

No beef option – beef steaks are replaced with skin-off chicken breast. Increase cooking time for 8-12 minutes each side.



1. CHAR THE CORN

Heat a large frypan over high heat. Cut the kernels from the corn, add to the dry frypan as you go and cook for 5-8 minutes until tender and crisp. Reserve frypan.



2. PREPARE INGREDIENTS

Thinly slice spring onions (reserve some green tops for garnish), place in a bowl with kale slaw mix and corn kernels.



3. COOK THE STEAKS

Reheat frypan over medium-high heat. Coat steaks in **oil, 1 tsp coriander, salt and pepper**. Cook for 2-4 minutes each side or until cooked to your liking. Set aside to rest.



4. DRESS THE SALAD

Add chipotle mayonnaise (see notes) and **1/2 tbsp white wine vinegar** to the salad bowl. Season with **salt and pepper**, toss together until all vegetables are well coated.



5. FINISH AND PLATE

Slice the steaks. Spoon salad onto plates and top with sliced steak.

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**

