




Product Spotlight: Radish


Radishes can be eaten raw, cooked or pickled. They come in many colours such as red, white, black and purple. They are high in fibre and vitamin C!



4 Balsamic Beef Steaks with Dill Potatoes

Grass-fed beef steaks, seasoned in balsamic vinegar, served with boiled potatoes tossed in fresh dill, sour cream and seeded mustard.

 30 mins

 2 servings

 Beef

14 May 2021

Spice it up!

You can make a quick and easy pan sauce for your steaks with ingredients you have at home. Once the steaks have finished cooking, don't clean the pan! Add in a chopped garlic clove, some fresh herbs, 1/4 cup water and season. Cook over medium heat for 4-6 minutes and pour over steak.

Per serve: **PROTEIN** 41g **TOTAL FAT** 25g **CARBOHYDRATES** 31g

FROM YOUR BOX

POTATOES	400g
DILL	1 packet
SOUR CREAM	1/2 tub *
SPRING ONION	1/4 bunch *
RADISH	1/2 bunch *
TRIO OF SPROUTS	1/3 punnet *
BEEF STEAKS	300g

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, seeded mustard, balsamic vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.

No beef option – beef steaks are replaced with skin-on chicken breast. Cook chicken at step 2 instead of 4 for 10–15 minutes each side.



1. BOIL POTATOES

Dice potatoes. Add to a pot of water, bring to a boil and boil for 10–15 minutes. Drain.



2. MAKE THE DRESSING

Roughly chop the dill. Mix in a large bowl with sour cream, **1 tsp seeded mustard, salt and pepper.**



3. PREPARE VEGETABLES

Slice spring onions and radishes, trim snow pea sprouts from the punnet.



4. COOK STEAKS

Coat steaks in **1 tsp balsamic vinegar, oil, salt and pepper.** Heat a frypan over high heat. Cook steaks for 2–4 minutes on each side or until cooked to your liking.



5. TOSS POTATOES

Add potatoes and prepared vegetables to bowl with dressing. Toss well and season with **salt and pepper.**



6. FINISH AND PLATE

Divide potatoes evenly among plates. Serve with 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**

