



Product Spotlight: Walnuts

Recognised since ancient times as the symbol of intellectuality, walnuts are a good source of Omega-3s, which support brain and heart health.



4 Caper Steaks with Pear & Rocket Salad

Tender sliced steaks with a garlic caper butter alongside oven roasted baby vegetables and a fresh rocket, pear and walnut salad.

 30 mins

 2 servings

 Beef

4 January 2021

Spice it up!

Add some fresh rosemary or thyme to the vegetables instead of a dried herb if you have some.

Per serve: **PROTEIN** 56g **TOTAL FAT** 52g **CARBOHYDRATES** 56g

FROM YOUR BOX

BABY POTATOES	400g
DUTCH CARROTS	1 bunch
CAPERS	1 jar
WALNUTS	1 packet (40g)
BEEF STEAK	300g
GREEN PEAR	1
RADISHES	1/3 bunch *
ROCKET LEAVES	1 bag (60g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil and butter for cooking, olive oil, salt and pepper, dried tarragon, garlic (1 clove), red wine vinegar

KEY UTENSILS

large frypan, oven tray

NOTES

If your butter isn't softened you can slice and place on top of the steak along with the drained and chopped capers instead.

No beef option - beef steak is replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side or until cooked through.



1. ROAST THE VEGETABLES

Set oven to 220°C. Bring out **1 1/2 tbsp butter** to soften.

Halve potatoes and trim carrots. Toss on a lined oven tray with **1/2 tsp dried tarragon, oil, salt and pepper**. Roast in oven for 20-25 minutes until golden and cooked through.



2. PREPARE CAPER BUTTER

Drain and chop capers. Crush **1 garlic clove**. Combine with **1 1/2 tbsp softened butter**. Set aside.



3. TOAST THE WALNUTS

Roughly chop walnuts. Add to a dry frypan over medium-high heat and toast for 3-4 minutes until golden. Set aside.



4. COOK THE STEAK

Heat a frypan over medium-high heat. Coat steak with **oil, salt and pepper**. Cook for 2-4 minutes each side or until cooked to your liking. Set aside on a plate to rest and spoon over caper butter.



5. PREPARE THE SALAD

Slice pear and radishes. Toss together with rocket leaves and walnuts. Whisk together **1/2 tbsp vinegar** and **1 tbsp olive oil**. Season with **salt and pepper**. Toss through salad.



6. FINISH AND PLATE

Slice steaks and divide among plates with salad and roast vegetables.

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

