



### Product Spotlight: Avocado

Avocados are nutrient and energy dense. Being plant-based, they contain no cholesterol. In fact they are high in good fats which can actually help lower cholesterol!



## 4 Chimmichurri Beef Steaks

A punchy green chimmichurri sauce made with fresh parsley and garlic, served with seared beef steaks, avocado salsa and black rice.

 35 minutes

 2 servings

 Beef

2 November 2020

### Spice it up!

Add a pinch of chilli flakes, some fresh coriander or mint to your chimmichurri sauce for a more authentic flavour.

Per serve: **PROTEIN** 44g **TOTAL FAT** 61g **CARBOHYDRATES** 65g

## FROM YOUR BOX

BLACK RICE	150g
PARSLEY	1/2 bunch *
RADISHES	1/2 bunch *
CONTINENTAL CUCUMBER	1/3 *
AVOCADO	1
ROASTED RED PEPPERS	1/2 jar *
BEEF STEAKS	300g

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, red wine vinegar, dried dill (or dried oregano), cumin seeds (or ground cumin), garlic (1/2 clove)

## KEY UTENSILS

frypan, saucepan, stick mixer or blender

## NOTES

Take your beef steaks out of the fridge before cooking so it comes to room temperature. This will encourage even cooking.

If you don't have a stick mixer or blender you can finely chop the parsley by hand. Then combine with remaining ingredients.

**No beef option – beef steaks are replaced with chicken schnitzels.** Increase cooking time to 4–5 minutes on each side or until cooked through.



### 1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes, or until tender. Drain and rinse with cold water.



### 2. MAKE THE CHIMMICHURRI

Roughly chop parsley and **1/2 garlic clove**. Blend together with **1 tbsp water, 2 tbsp vinegar, 1/4 cup olive oil** and **1/2 tsp dried dill** using a stick mixer, until smooth (see notes). Season with **salt and pepper** to taste.



### 3. MAKE THE SALSA

Dice radishes, cucumber and avocado. Slice red peppers. Toss together and set aside.



### 4. COOK THE BEEF

Coat beef steaks with **1/2 tsp cumin seeds, oil, salt and pepper**. Heat a frypan over medium–high heat. Cook steaks for 2–4 minutes each side or until cooked to your liking.



### 5. FINISH AND PLATE

Slice steaks and divide among plates with rice and salsa. Spoon chimichurri over steaks to taste.

**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**

