




Product Spotlight: Lemon


Lemons are a good source of vitamin C, magnesium and potassium - minerals and antioxidants that give you better hair, skin and stronger nails!



4 Oregano Steaks with Roast Tomato Sauce

Lemon dressed rocket salad with seared beef steaks and a creamy tomato ricotta sauce.

 35 minutes

 2 servings

 Beef

23 November 2020

Mix it up!

Instead of blending the sauce you could toss the roast onion and tomatoes through the salad and serve with dollops of ricotta.

Per serve: **PROTEIN** 45g **TOTAL FAT** 34g **CARBOHYDRATES** 24g

FROM YOUR BOX

RED ONION	3/4 *
TOMATO	1
BROCCOLINI	1 bunch
YELLOW CAPSICUM	1/2 *
LEMON	1
BEEF STEAKS	300g
RICOTTA	1/2 tub *
ROCKET LEAVES	1 bag (120g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dried oregano

KEY UTENSILS

2 oven trays, frypan, stick mixer or blender

NOTES

If there is room, roast the veggies on the same tray as tomato and onion.

Any extra sauce is delicious as a spread in sandwiches or used as a dip for veggie sticks.

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. ROAST TOMATO & ONION

Set oven to 220°C.

Wedge onion and tomato. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 15 minutes until tender (see step 4).



2. ROAST THE VEGGIES

Trim broccolini and slice capsicum. Toss on a lined oven tray with 1 tsp lemon zest, 1/2 lemon juice, **oil, salt and pepper** (see notes). Roast for 20 minutes until tender.



3. COOK THE STEAKS

Coat steaks with **1/2 tsp oregano, oil, salt and pepper**. Cook in a frypan over medium-high heat for 2–4 minutes each side or to your liking. Set aside to rest.



4. BLEND THE SAUCE

Blend the roast onion and tomato with ricotta until smooth. Season with **salt and pepper** to taste.



5. TOSS THE SALAD

Whisk together 1 tbsp lemon juice and **2 tbsp olive oil**. Toss with rocket leaves, roast broccolini and capsicum.



6. FINISH AND PLATE

Spoon the tomato sauce (to taste) over plates and top with broccolini salad. Serve with sliced steaks.

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

