



### Product Spotlight: Basil

A fridge can often be too cold for basil, so try trimming the stalk ends and place in a jar with 2cm water. Cover with a loose fitting bag and leave at room temperature.



## 4 Ratatouille Steak

Traditional ratatouille vegetables, served as a stew alongside seared beef steaks and a fresh salad of mesclun leaves.

 30 mins

 2 servings

 Beef

15 March 2021

### *Spice it up!*

*Adding some dried oregano, or fresh herbs such as rosemary, to the ratatouille is a great way to boost the flavour in your dish.*

Per serve: **PROTEIN** 39g **TOTAL FAT** 35g **CARBOHYDRATES** 31g

## FROM YOUR BOX

SMALL EGGPLANT	1
ZUCCHINI	1/2 *
RED CAPSICUM	1/2 *
TOMATO	1
SPRING ONION	1 *
GARLIC	1 clove *
CHOPPED TOMATOES	400g
BEEF STEAKS	300g
MESCLUN LEAVES	1 bag (60g)
BASIL	1 packet (20g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, balsamic vinegar, maple syrup

## KEY UTENSILS

large frypan with lid, frypan

## NOTES

You can cook the steaks on the BBQ if preferred!

**No beef option – beef steaks are replaced with chicken schnitzels.** Cook over medium-high heat for 4-5 minutes on each side or until cooked through.



### 1. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **2 tbsp olive oil**. Dice eggplant, zucchini, capsicum and tomato. Slice spring onion. Add to pan as you go. Cook for 5 minutes until softened.



### 2. SIMMER THE SAUCE

Crush garlic clove into pan. Stir in chopped tomatoes, **1 tbsp balsamic vinegar**, **1 tbsp maple syrup** and **1/4 cup water**. Cover pan with lid and cook for 10 minutes, stirring occasionally.



### 3. COOK THE STEAK

Meanwhile, heat a frypan over high heat. Coat steaks with **oil, salt and pepper**. Cook steaks for 2-4 minutes each side or until cooked to your liking. Set aside to rest.



### 4. DRESS THE SALAD

Whisk together **1 tsp balsamic vinegar** with **2 tsp olive oil**. Season with **salt and pepper**. Toss through mesclun leaves.



### 5. FINISH AND PLATE

Season ratatouille with **salt and pepper** and divide among plates. Slice and add steaks along with salad. Slice basil leaves and use to garnish.

**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**

