



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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 Beef Steak with Charred Spring Onion Sauce

Creamy crushed root vegetables with tender beef steaks, finished with a sweet charred spring onion and toasted walnut vinaigrette.

 35 minutes

 2 servings

 Beef

21 September 2020

Jazz it up!

Capers or chopped cornichons go really well with this sauce! Add a little crumbled feta cheese into the root vegetables if you have some.

Per serve: **PROTEIN** 45g **TOTAL FAT** 62g **CARBOHYDRATES** 61g

FROM YOUR BOX

POTATOES	3
PARSNIP	1
LEBANESE CUCUMBER	1
ROCKET LEAVES	1 bag (60g)
WALNUTS	1 packet (60g)
GARLIC CLOVE	1
SEEDED MUSTARD	1 jar
SPRING ONIONS	1/4 bunch *
BEEF STEAKS	300g

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt and pepper, red wine vinegar, sugar (of choice)

KEY UTENSILS

frypan, saucepan

NOTES

Bring the steaks out to room temperature before cooking. This will encourage even cooking in the fillet.

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 ROOT VEGGIES

Dice potatoes and parsnip. Add to a saucepan and cover with water. Bring to the boil and simmer for 12–15 minutes until soft. Drain and lightly mash with **1/2 tbsp butter or olive oil, salt and pepper.**



2. PREPARE THE SALAD

Slice cucumber and toss together with rocket leaves. Set aside.



3. TOAST THE WALNUTS

Chop walnuts and add to a frypan over medium-high heat. Toast for 5 minutes until golden. Remove to a small bowl. Stir in 1 crushed garlic clove, seeded mustard, **1 tsp sugar, 2 tbsp vinegar, 1 tbsp water and 3 tbsp olive oil.**



4. CHAR THE ONIONS

Slice spring onions into 3cm lengths and coat with **oil**. Reheat frypan over high heat and add onions. Cook for 2–3 minutes until charred. Remove to bowl with walnuts. Mix together and season with **salt and pepper.**



5. COOK THE STEAKS

Reheat frypan over high heat. Coat steaks with **oil, salt and pepper** (see notes). Cook for 2–4 minutes each side or to your liking.



6. FINISH AND PLATE

Slice steaks and divide over plates with root veggie mash and salad. Spoon over sauce 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**

