



Product Spotlight: Parsley

Not just a garnish, parsley is also good for eyesight (vitamin A + beta carotene), great for the immune system and even helps with urinary tract infections due to its diuretic properties.



4 Beef Steaks with Polenta and Salsa Verde

Grass-fed beef steaks served with sautéed kale, creamy polenta and vibrant salsa verde.

 30 mins

 2 servings

 Beef

28 May 2021

Make your polenta traditional

For a decadent polenta, bring 750ml water to the boil, whisk in polenta, stirring constantly for 8-10 minutes. Take off the heat and stir in 1/2 cup cream, 1/4 cup finely grated parmesan, butter, salt and pepper.

Per serve: **PROTEIN** 45g **TOTAL FAT** 48g **CARBOHYDRATES** 47g

FROM YOUR BOX

PARSLEY	1/2 bunch *
MINT	1/2 bunch *
SPRING ONION	1/3 bunch *
KALE	1/2 bunch *
BEEF STEAKS	300g
POLENTA	100g
PERSIAN FETA	1/2 tub *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt and pepper, balsamic vinegar, 1 garlic clove

KEY UTENSILS

large frypan, saucepan, stick mixer

NOTES

Salsa verde traditionally has capers in it. If you have some at home, add them into your sauce. They add a beautiful savoury tang to the sauce.

For a creamier flavour, you could cook your polenta in a mixture of half water, half milk alternative of your choice, instead of just water.

No beef option – beef steaks are replaced with skin-on chicken breast. Increase cooking time to 12–15 minutes on each side, over medium–high heat, or until cooked through.



1. MAKE SALSA VERDE

Bring **1 litre water** to a simmer in a saucepan.

Using a stick mixer, process the parsley, mint and spring onions and **1 garlic clove, 2 tbsp olive oil, 3 tsp balsamic vinegar, salt and pepper** until smooth (see notes).



2. SAUTÉ THE KALE

Remove the kale leaves from the stalks and roughly chop. Heat a frypan over medium–high heat with **oil**. Add kale with **salt and pepper**, sauté for 3–4 minutes. Remove from pan.



3. COOK THE STEAKS

Reheat frypan over high heat. Coat the steaks in **oil, salt and pepper**. Add to pan and cook for 3–6 minutes each side or until cooked to your liking. Set aside to rest.



4. COOK THE POLENTA

Turn heat on saucepan down to low. Slowly whisk in polenta, stirring continuously until thickened. Remove from heat, stir in **2 tbsp butter or olive oil, salt and pepper**. Dot in Persian feta. (See notes).



5. FINISH AND PLATE

Slice steak. Divide polenta evenly among shallow bowls, top with sliced steak, kale and salsa verde.

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**

