




### Product Spotlight: Broccoli


The head of the broccoli is made up of tiny flower buds. If you do not harvest a broccoli on time, the head will be full of yellow flowers!



## 4 Beef Steaks with Roasted Vegetables

Roasted vegetables with thyme, served with grass-fed beef steaks, and feta cheese crumbled over the top.

 25 minutes

 2 servings

 Beef

17 September 2021

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	53g	32g	38g

## FROM YOUR BOX

PARSNIPS	2
BROCCOLI	1/2 *
BRUSSELS SPROUTS	1 bag (150g)
CHERRY TOMATOES	1 bag (200g)
BEEF STEAKS	300g
PARSLEY	1/2 bunch *
FETA CHEESE	1/2 packet *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, vinegar (of choice), dried thyme

## KEY UTENSILS

large frypan, oven tray

## NOTES

Cut up all of the broccoli (including the stems) for roasting.

**No beef option – beef steaks are replaced with skin-on chicken breast.** Increase cooking time to 10–12 minutes each side, 20–25 minutes in the oven, or until cooked through.



### 1. PREPARE VEGETABLES

Set oven to 220°C.

Dice parsnips and cut broccoli (see notes) into florets. Halve Brussels sprouts.



### 2. ROAST VEGETABLES

Toss prepared vegetables on a lined oven tray along with cherry tomatoes, **oil, 1 tsp thyme, salt and pepper**. Roast for 15–20 minutes until vegetables are tender.



### 3. COOK THE STEAKS

Heat a frypan over medium-high heat. Coat steaks in **oil, salt and pepper**. Cook steaks for 2–3 minutes each side or until cooked to your liking. Set aside to rest.



### 4. PREPARE THE DRESSING

Whisk together **1/2 tbsp vinegar** and **2 tbsp olive oil**. Season with **salt and pepper**. Finely chop parsley leaves.



### 5. DRESS ROAST VEG

Toss roast vegetables and parsley through dressing until well coated.



### 6. FINISH AND SERVE

Slice steaks. Divide roast vegetables onto plates. Top with slices of steak and crumble over feta.

**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**

