



### Product Spotlight: Nectarine

Nectarines contain many vitamins and minerals, and a medium-sized nectarine only has 60 calories. Choose a firm nectarine for a nutritious snack, or serve them sliced with a drizzle of honey for a nutrient-packed dessert!



## 4 Seared Steaks with Fennel & Nectarine Slaw

Juicy seared steaks served alongside a crisp fennel and nectarine coleslaw with basil, toasted walnuts and creamy labanneh cheese.

 30 minutes

 2 servings

 Beef

30 November 2020

## Spice it up!

*Cook the steaks on the BBQ for an extra char. You could also use balsamic vinegar instead of white wine vinegar for the dressing if preferred.*

Per serve: **PROTEIN** 41g **TOTAL FAT** 35g **CARBOHYDRATES** 24g

## FROM YOUR BOX

BEEF STEAK	300g
WALNUTS	1 packet (40g)
FENNEL	1
NECTARINE	1
BASIL	1 packet (20g)
SHREDDED WHITE CABBAGE	1/2 bag (200g) *
LABANNEH CHEESE	1/2 tub *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, smoked paprika, white wine vinegar, dijon or wholegrain mustard

## KEY UTENSILS

frypan or griddle pan

## NOTES

To prepare the fennel, cut the bulb in half vertically and remove the core then slice.

**No beef option - beef bolar blade is replaced with chicken schnitzels.** Increase cooking time to 4-5 minutes on each side or until cooked through.



### 1. COOK THE STEAK

Coat steak with **1 tsp paprika, oil, salt and pepper**. Cook for 2-4 minutes each side or to your liking. Remove to a plate to rest.



### 2. TOAST THE WALNUTS

Roughly chop walnuts. Add to a dry frypan over medium-high heat. Toast for 3-4 minutes until golden. Set aside.



### 3. PREPARE THE SLAW

Thinly slice fennel and chop fronds (see notes). Slice nectarine and basil leaves. Set aside with shredded cabbage.



### 4. DRESS THE SLAW

Whisk together **1/4 tsp mustard, 1/2 tbsp vinegar** and **1 tbsp olive oil**. Toss together with slaw on a large serving plate. Season with **salt and pepper**. Spoon over labanneh cheese and garnish with walnuts.



### 5. FINISH AND PLATE

Slice steak and serve with fennel and nectarine slaw.

**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**

