



Product Spotlight: Wattle Seed

Wattle seeds come from a native Australian tree. Its seeds contain nutrients including zinc, magnesium, iron and potassium, as well as being a source of protein and fibre.



4 Wattle Seed Crusted Steaks

Beef steaks rolled in native wattle seed, served with potato wedges and fresh vegetables.

 30 mins

 2 servings

 Beef

6 August 2021

Smash your potatoes!

Set oven to 220°C. Cut potatoes in half and boil in a saucepan until soft. Drain and add to lined oven tray. Use a fork to press potatoes to flatten. Drizzle with oil, season with salt and pepper and roast for 20-30 minutes until crispy around the edges.

Per serve: **PROTEIN** 43g **TOTAL FAT** 41g **CARBOHYDRATES** 49g

FROM YOUR BOX

POTATOES	400g
SHALLOT	1
BEEF STEAKS	300g
BABY COS LETTUCE	1
CHERRY TOMATOES	1 bag (200g)
AVOCADO	1
GROUND WATTLE SEED	1 packet (10g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, mustard of choice (see notes), red wine vinegar

KEY UTENSILS

large frypan, oven tray

NOTES

We used wholegrain mustard for this recipe for its great texture and flavour.

No beef option – beef steaks are replaced with **chicken breast fillet**. Increase cooking time to 4-5 minutes on each side or until cooked through.



1. MAKE WEDGES

Set oven to 220°C.

Cut potatoes into wedges. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20-25 minutes.



2. PREPARE THE DRESSING

Peel and dice shallot. Add to a bowl with **3 tbsp olive oil, 2 tbsp vinegar, 1/2 tbsp mustard, salt and pepper**. Whisk together to combine.



3. COOK THE STEAKS

Heat frypan over medium-high heat. Coat steaks in **oil**. Season with **salt and pepper**. Cook for 2-4 minutes on each side or until cooked to your liking. Set aside to rest.



4. PREPARE SALAD

Chop the lettuce, halve tomatoes and slice avocado.



5. FINISH AND PLATE

Arrange salad on a platter and spoon over dressing. Roll steaks in 1 tsp wattle seed each, slice and add to platter. Serve with wedges.

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

