




### 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**

