



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Spring Onions


Spring onions are very young onions, harvested before the bulb has had a chance to swell. The long, slender green tops & the small white bulb are edible, and are good either raw or cooked.



## 2 Beef Steaks with Corn Salad

Blackened corn tossed with kale coleslaw mix with a zingy chipotle dressing, served with beef steaks.

 30 mins

 4 servings

 Beef

16 July 2021

## Tacos anyone?

*The different components of this meal would make great fillings for tacos. Add a little fresh coriander, guacamole and drizzle over extra chipotle mayonnaise.*

Per serve: **PROTEIN** 35g **TOTAL FAT** 35g **CARBOHYDRATES** 17g

## FROM YOUR BOX

CORN COBS	2
SPRING ONIONS	1/2 bunch *
KALE SLAW MIX	1 bag (400g)
BEEF STEAKS	600g
CHIPOTLE MAYONNAISE	1/3 cup *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper, ground coriander, white wine vinegar

## KEY UTENSILS

large frypan

## NOTES

The chipotle mayonnaise does have some kick to it. If you prefer your spice levels on the lower side, mix some regular mayonnaise with the chipotle mayonnaise.

**No beef option – beef steaks are replaced with skin-off chicken breast.** Increase cooking time for 8-12 minutes each side.



### 1. CHAR THE CORN

Heat a large frypan over high heat. Cut the kernels from the corn, add to the dry frypan as you go and cook for 5-8 minutes until tender and crisp. Reserve frypan.



### 2. PREPARE INGREDIENTS

Thinly slice spring onions (reserve some green tops for garnish), place in a bowl with kale slaw mix and corn kernels.



### 3. COOK THE STEAKS

Reheat frypan over medium-high heat. Coat steaks in **oil, 2 tsp coriander, salt and pepper**. Cook for 2-4 minutes each side or until cooked to your liking. Set aside to rest.



### 4. DRESS THE SALAD

Add chipotle mayonnaise (see notes) and **1 tbsp white wine vinegar** to the salad bowl. Season with **salt and pepper**, toss together until all vegetables are well coated.



### 5. FINISH AND PLATE

Slice the steaks. Spoon salad onto plates and top with sliced steak.

**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](mailto:hello@dinnertwist.com.au)

