



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Radish


Radishes can be eaten raw, cooked or pickled. They come in many colours such as red, white, black and purple. They are high in fibre and vitamin C!



## 4 Balsamic Beef Steaks with Dill Potatoes

Grass-fed beef steaks, seasoned in balsamic vinegar, served with boiled potatoes tossed in fresh dill, sour cream and seeded mustard.

 30 mins

 4 servings

 Beef

14 May 2021

## Spice it up!

*You can make a quick and easy pan sauce for your steaks with ingredients you have at home. Once the steaks have finished cooking, don't clean the pan! Add in a chopped garlic clove, some fresh herbs, 1/4 cup water and season. Cook over medium heat for 4-6 minutes and pour over steak.*

Per serve: **PROTEIN** 40g **TOTAL FAT** 16g **CARBOHYDRATES** 28g

## FROM YOUR BOX

POTATOES	800g
DILL	1 packet
SOUR CREAM	1/2 tub *
SPRING ONION	1/4 bunch *
RADISH	1/2 bunch *
TRIO OF SPROUTS	1/3 punnet *
BEEF STEAKS	600g

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper, seeded mustard, balsamic vinegar

## KEY UTENSILS

large frypan, saucepan

## NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.

**No beef option – beef steaks are replaced with skin-on chicken breast.** Cook chicken at step 2 instead of 4 for 10–15 minutes each side.



### 1. BOIL POTATOES

Dice potatoes. Add to a pot of water, bring to a boil and boil for 10–15 minutes. Drain.



### 2. MAKE THE DRESSING

Roughly chop the dill. Mix in a large bowl with sour cream, **1/2 tbsp seeded mustard, salt and pepper.**



### 3. PREPARE VEGETABLES

Slice spring onions and radishes, trim snow pea sprouts from the punnet.



### 4. COOK STEAKS

Coat steaks in **1 tsp balsamic vinegar, oil, salt and pepper.** Heat a frypan over high heat. Cook steaks for 2–4 minutes on each side or until cooked to your liking.



### 5. TOSS POTATOES

Add potatoes and prepared vegetables to bowl with dressing. Toss well and season with **salt and pepper.**



### 6. FINISH AND PLATE

Divide potatoes evenly among plates. Serve with 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**

