




Product Spotlight: Eggplant

Eggplant is loved for its creamy texture after cooking. It is commonly known as a vegetable but is actually a member of the berry family!



4 Beef Bolar Blade with Charred Eggplant and Feta Salad

Cumin spiced bolar blade steaks with a charred eggplant salad with fresh tomatoes, cucumber, mint and creamy feta.

 35 minutes

 4 servings

 Beef

24 August 2020

Mix it up!

You can transform this dish into a kebab! Slice the steak and arrange in a wrap or pita bread with the salad. You could also BBQ the steak and eggplant for an extra char flavour.

Per serve: **PROTEIN** 56g **TOTAL FAT** 24g **CARBOHYDRATES** 14g

FROM YOUR BOX

EGGPLANT	1
BEEF BOLAR BLADE STEAKS	800g
CHERRY TOMATOES	1 bag (400g)
CONTINENTAL CUCUMBER	1
MINT	1/2 bunch *
FETA CHEESE	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, balsamic vinegar, ground cumin

KEY UTENSILS

griddle pan or frypan

NOTES

Cook eggplant in batches if needed. You can also cook the steak at the same time in a second frypan or griddle pan to save time.

No beef option - beef bolar blade is replaced with **chicken schnitzels**. Cook for 4-5 minutes on each side or until cooked through.



1. GRILL THE EGGPLANT

Heat a griddle or frypan over high heat. Slice eggplant into crescents and toss with **oil, salt and pepper**. Cook for 5 minutes each side until charred and tender (see notes). Remove to a large serving plate. Keep pan on heat.



2. COOK THE STEAK

Coat steaks with **3 tsp cumin, oil, salt and pepper**. Cook for 4-6 minutes each side or to your liking. Remove to a plate to rest.



3. PREPARE THE SALAD

Quarter cherry tomatoes. Deseed and slice cucumber. Roughly chop mint leaves. Toss all together.



4. FINISH THE SALAD

Arrange fresh salad over eggplant. Drizzle with **balsamic vinegar** and **olive oil**. Crumble over feta cheese and season with **pepper**.



5. FINISH AND PLATE

Slice steaks and serve alongside eggplant salad.

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**

