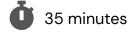




# **Beef Steak**

# with Charred Spring Onion Sauce

Creamy crushed root vegetables with tender beef steaks, finished with a sweet charred spring onion and toasted walnut vinaigrette.





4 servings



Tazzit up!

Capers or chopped cornichons go really well with this sauce! Add a little crumbled feta cheese into the root vegetables if you have some.

PROTEIN TOTAL FAT CARBOHYDRATES

43g

54g

#### FROM YOUR BOX

POTATOES	800g
PARSNIPS	2
CONTINENTAL CUCUMBER	1/2 *
SPINACH AND ROCKET LEAVES	1 bag (120g)
WALNUTS	1 packet (60g)
GARLIC CLOVE	1
SEEDED MUSTARD	1 jar
SPRING ONIONS	1/3 bunch *
BEEF STEAKS	600g

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt and pepper, red wine vinegar, sugar (of choice)

#### **KEY UTENSILS**

frypan, saucepan

#### **NOTES**

Bring the steaks out to room temperature before cooking. This will encourage even cooking in the fillet.

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



#### 1. COOK ROOT VEGGIES

Dice potatoes and parsnips. Add to a saucepan and cover with water. Bring to the boil and simmer for 12-15 minutes until soft. Drain and lightly mash with 1 tbsp butter or olive oil, salt and pepper.



#### 2. PREPARE THE SALAD

Slice cucumber and toss together with spinach and rocket leaves. Set aside.



#### 3. TOAST THE WALNUTS

Chop walnuts and add to a frypan over medium-high heat. Toast for 5 minutes until golden. Remove to a small bowl. Stir in 1 crushed garlic clove, seeded mustard, 1 tsp sugar, 2 tbsp vinegar, 1 tbsp water and 3 tbsp olive oil.



# 4. CHAR THE ONIONS

Slice spring onions into 3cm lengths and coat with **oil**. Reheat frypan over high heat and add onions. Cook for 2-3 minutes until charred. Remove to bowl with walnuts. Mix together and season with **salt and pepper**.



# 5. COOK THE STEAKS

Reheat frypan over high heat. Coat steaks with **oil**, **salt and pepper** (see notes). Cook for 2-4 minutes each side or to your liking.



### 6. FINISH AND PLATE

Slice steaks and divide over plates with root veggie mash and salad. Spoon over sauce to taste.

**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



