



### Product Spotlight: Parsley

Not just a garnish, parsley is also good for eyesight (vitamin A + beta carotene), great for the immune system and even helps with urinary tract infections due to its diuretic properties.





## 4 Beef Steaks with Polenta and Salsa Verde

Grass-fed beef steaks served with sautéed kale, creamy polenta and vibrant salsa verde.

### *Make your polenta traditional*

*For a decadent polenta, bring 750ml water to the bowl, whisk in polenta, stirring constantly for 8-10 minutes. Take off the heat and stir in 1/2 cup cream, 1/4 cup finely grated parmesan, butter, salt and pepper.*

 30 mins

 4 servings

 Beef

## FROM YOUR BOX

PARSLEY	1/2 bunch *
MINT	1/2 bunch *
SPRING ONION	1/3 bunch *
KALE	1 bunch
BEEF STEAKS	600g
POLENTA	200g
PERSIAN FETA	1/2 tub *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt and pepper, balsamic vinegar, 1 garlic clove

## KEY UTENSILS

large frypan, saucepan, stick mixer

## NOTES

Salsa verde traditionally has capers in it. If you have some at home, add them into your sauce. They add a beautiful savoury tang to the sauce.

For a creamier flavour, you could cook your polenta in a mixture of half water, half milk alternative of your choice, instead of just water.

**No beef option – beef steaks are replaced with skin-on chicken breast.** Increase cooking time to 12–15 minutes on each side, over medium–high heat, or until cooked through.



### 1. MAKE SALSA VERDE

Bring **1 litre water** to a simmer in a saucepan.

Using a stick mixer, process the parsley, mint and spring onions and **1 garlic clove, 2 tbsp olive oil, 3 tsp balsamic vinegar, salt and pepper** until smooth (see notes).



### 2. SAUTÉ THE KALE

Remove the kale leaves from the stalks and roughly chop. Heat a frypan over medium–high heat with **oil**. Add kale with **salt and pepper**, sauté for 3–4 minutes. Remove from pan.



### 3. COOK THE STEAKS

Reheat frypan over high heat. Coat the steaks in **oil, salt and pepper**. Add to pan and cook for 3–6 minutes each side or until cooked to your liking. Set aside to rest.



### 4. COOK THE POLENTA

Turn heat on saucepan down to low. Slowly whisk in polenta, stirring continuously until thickened. Remove from heat, stir in **2 tbsp butter or olive oil, salt and pepper**. Dot in Persian feta. (See notes).



### 5. FINISH AND PLATE

Slice steak. Divide polenta evenly among shallow bowls, top with sliced steak, kale and salsa verde.

**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)

