


Product Spotlight: Silverbeet


One cup of chopped silverbeet has just 35 calories and provides more than 300% of the daily value for vitamin K which helps control bonding of calcium in bones and other tissues.



4 Beef Strip and Capsicum Open-Faced Sandwich

Paprika spiced beef strips with caramelised capsicum and onion, zingy whipped feta and freshly dressed silverbeet served on naturally gluten-free buckwheat bread by Panna Bakery.

 30 mins

 4 servings

 Beef

7 May 2021

Spice it up!

Do you have a favourite sauce in your fridge? Use that on the toast and crumble the feta on top of the fillings instead of making whipped feta.

Per serve: **PROTEIN** 48g **TOTAL FAT** 37g **CARBOHYDRATES** 41g

FROM YOUR BOX

BROWN ONION	1
RED CAPSICUM	1
GREEN CAPSICUM	1
SILVERBEET	1/2 bunch *
FETA CHEESE	1/2 packet *
GARLIC	1 clove *
BEEF STRIPS	600g
BUCKWHEAT LOAF	1

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt and pepper, ground paprika, white wine vinegar

KEY UTENSILS

2 large frypans, stick mixer or small blender

NOTES

This whipped feta is a great vessel for many different flavours, you could add any number of herbs like chives or dill, as well as chilli flakes, or even roasted garlic instead of fresh.

You can toast the bread in a toaster or in a sandwich press.

No beef option – beef strips are replaced with chicken stir fry strips. Increase cooking time by 3–4 minutes.



1. PREPARE VEGETABLES

Slice the onion and capsicums. Shred the silverbeet leaves, chop and set aside.



2. SAUTÉ VEGETABLES

Heat a frypan over medium heat with **oil**. Add onion and capsicums, season with **salt and pepper**. Cook for 10–15 minutes stirring often until caramelised. Remove from pan.



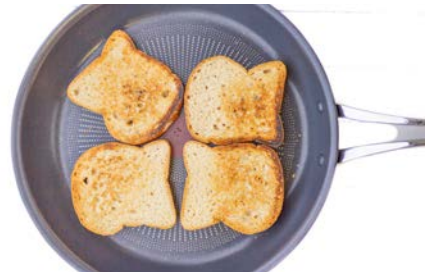
3. MAKE WHIPPED FETA

Using a stick mixer, whip together the feta cheese with **2 tbsp olive oil**, 1 crushed garlic clove, **1 tbsp water**, **1/2 tsp vinegar**, **salt and pepper** (see notes).



4. COOK THE BEEF

Coat steak in **oil**, **2 tsp paprika**, **salt and pepper**. Reheat frypan over medium-high heat and cook beef strips in batches for 2–3 minutes. Return vegetables to pan and combine.



5. PREPARE TOAST

Heat a second frypan over medium-high heat. Cut loaf into 8 slices and toast on either side for 3–5 minutes (see notes).

In a bowl combine **2 tsp olive oil** and **1 1/2 tsp vinegar**. Add silverbeet to bowl and massage into dressing.



6. FINISH AND PLATE

Smear an even amount of the whipped feta on each slice of toast, top with silverbeet and beef and capsicum mix.

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