




### Product Spotlight: Walnuts


Recognised since ancient times as the symbol of intellectuality, walnuts are a good source of Omega-3s, which support brain and heart health.



## 4 Caper Steaks with Pear & Rocket Salad

Tender sliced steaks with a garlic caper butter alongside oven roasted baby vegetables and a fresh rocket, pear and walnut salad.

 30 mins

 4 servings

 Beef

4 January 2021

## Spice it up!

*Add some fresh rosemary or thyme to the vegetables instead of a dried herb if you have some.*

Per serve: **PROTEIN** 54g **TOTAL FAT** 39g **CARBOHYDRATES** 50g

## FROM YOUR BOX

BABY POTATOES	800g
DUTCH CARROTS	1 bunch
CAPERS	1 jar
WALNUTS	1 packet (40g)
BEEF STEAKS	600g
GREEN PEARS	2
ROCKET LEAVES	1 bag (200g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil and butter for cooking, olive oil, salt and pepper, dried tarragon, garlic (1 clove), red wine vinegar

## KEY UTENSILS

large frypan, oven tray

## NOTES

If your butter isn't softened you can slice and place on top of the steaks along with the drained and chopped capers instead.

**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. ROAST THE VEGETABLES

Set oven to 220°C. Bring out **2 tbsp butter** to soften.

Halve potatoes and trim carrots. Toss on a lined oven tray with **1 tsp dried tarragon, oil, salt and pepper**. Roast in oven for 20-25 minutes until golden and cooked through.



### 2. PREPARE CAPER BUTTER

Drain and chop capers. Crush **1 garlic clove**. Combine with **2 tbsp softened butter**. Set aside.



### 3. TOAST THE WALNUTS

Roughly chop walnuts. Add to a dry frypan over medium-high heat and toast for 3-4 minutes until golden. Set aside.



### 4. COOK THE STEAKS

Heat a frypan over medium-high heat. Coat steaks with **oil, salt and pepper**. Cook for 2-4 minutes each side or until cooked to your liking. Set aside on a plate to rest and spoon over caper butter.



### 5. PREPARE THE SALAD

Slice pears. Toss together with rocket leaves and walnuts. Whisk together **1 tbsp vinegar** and **2 tbsp olive oil**. Season with **salt and pepper**. Toss through salad.



### 6. FINISH AND PLATE

Slice steaks and divide among plates with salad and roast vegetables.

**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**

