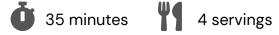




Chimmichurri Beef Steaks

A punchy green chimmichurri sauce made with fresh parsley and garlic, served with seared beef steaks, avocado salsa and black rice.







Spice it up!

Add a pinch of chilli flakes, some fresh coriander or mint to your chimmichurri sauce for a more authentic flavour.

PROTEIN TOTAL FAT CARBOHYDRATES

42g 35g

59g

FROM YOUR BOX

BLACK RICE	300g
PARSLEY	1/2 bunch *
RADISHES	1/2 bunch *
GREEN CAPSICUM	1
AVOCADO	1
ROASTED RED PEPPERS	1/2 jar *
BEEF STEAKS	600g

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt and pepper, red wine vinegar, dried dill (or dried oregano), cumin seeds (or ground cumin), garlic (1/2 clove)

KEY UTENSILS

frypan, saucepan, stick mixer or blender

NOTES

Take your beef steaks out of the fridge before cooking so it comes to room temperature. This will encourage even cooking.

If you don't have a stick mixer or blender you can finely chop the parsley by hand. Then combine with remaining ingredients.

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 THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes, or until tender. Drain and rinse with cold water.



2. MAKE THE CHIMMICHURRI

Roughly chop parsley and 1/2 garlic clove. Blend together with 2 tbsp water, 2 tbsp vinegar, 1/4 cup olive oil and 1/2 tsp dried dill using a stick mixer, until smooth (see notes). Season with salt and pepper to taste.



3. MAKE THE SALSA

Dice radishes, capsicum and avocado. Slice red peppers. Toss together and set aside.



4. COOK THE BEEF

Coat beef steaks with 1 tsp cumin seeds, oil, salt and pepper. Heat a frypan over medium-high heat. Cook steaks for 2-4 minutes each side or until cooked to your liking.



5. FINISH AND PLATE

Slice steaks and divide among plates with rice and salsa. Spoon chimmichurri over steaks to taste.





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