



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Avocado

Avocados are nutrient and energy dense. Being plant-based, they contain no cholesterol. In fact they are high in good fats which can actually help lower cholesterol!



4 Chimmichurri Beef Steaks

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



35 minutes



4 servings



Beef

2 November 2020

Spice it up!

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

Per serve:	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 chimichurri over steaks 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**

