



Product Spotlight: Basil


A fridge can often be too cold for basil, so try trimming the stalk ends and place in a jar with 2cm water. Cover with a loose fitting bag and leave at room temperature.



4 Ratatouille Steak

Traditional ratatouille vegetables, served as a stew alongside seared beef steaks and a fresh salad of mesclun leaves.

 30 mins

 4 servings

 Beef

15 March 2021

Spice it up!

Adding some dried oregano, or fresh herbs such as rosemary, to the ratatouille is a great way to boost the flavour in your dish.

Per serve: **PROTEIN** 37g **TOTAL FAT** 23g **CARBOHYDRATES** 23g

FROM YOUR BOX

EGGPLANT	1
ZUCCHINI	1/2 *
YELLOW CAPSICUM	1
TOMATOES	2
SPRING ONIONS	1/3 bunch *
GARLIC	2 cloves *
CHOPPED TOMATOES	400g
BEEF STEAKS	600g
MESCLUN LEAVES	1 bag (120g)
BASIL	1 packet (20g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, balsamic vinegar, maple syrup

KEY UTENSILS

large frypan with lid, frypan

NOTES

You can cook the steaks on the BBQ if preferred!

No beef option – beef steaks are replaced with **chicken schnitzels**. Cook over medium-high heat for 4–5 minutes on each side or until cooked through.



1. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **2 tbsp olive oil**. Dice eggplant, zucchini, capsicum and tomatoes. Slice spring onions. Add to pan as you go. Cook for 5 minutes until softened.



2. SIMMER THE SAUCE

Crush garlic cloves into pan. Stir in chopped tomatoes, **1 tbsp balsamic vinegar**, **1 tbsp maple syrup** and **1/2 cup water**. Cover pan with lid and cook for 10 minutes, stirring occasionally.



3. COOK THE STEAK

Meanwhile, heat a frypan over high heat. Coat steaks with **oil, salt and pepper**. Cook steaks for 2–4 minutes each side or until cooked to your liking. Set aside to rest.



4. DRESS THE SALAD

Whisk together **1/2 tbsp balsamic vinegar** with **1 tbsp olive oil**. Season with **salt and pepper**. Toss through mesclun leaves.



5. FINISH AND PLATE

Season ratatouille with **salt and pepper** and divide among plates. Slice and add steaks along with salad. Slice basil leaves and use to garnish.

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**

