



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Basil

Basil helps restore the body's natural pH levels and feeds healthy bacteria within the gut microflora. A healthy gut promotes good digestion and boosts immunity.



4 Seared Beef With Charred Caprese Salad

This beef & Caprese inspired salad uses sorghum, a nutritious whole grain with a lovely nutty flavour, tossed with creamy bocconcini, sweet basil leaves and charred tomatoes. Finished with a buttery balsamic dressing.

 35 minutes

 4 servings

 Beef

22 February 2021

Spice it up!

You can add some crushed garlic to the steaks as they cook if you have some. Any toasted nuts or seeds you may have are also great sprinkled over top!

Per serve: **PROTEIN** 53g **TOTAL FAT** 29g **CARBOHYDRATES** 50g

FROM YOUR BOX

SORGHUM	200g
RED ONION	1/2 *
CHERRY TOMATOES	1 bag (400g)
BEEF STEAKS	600g
BALSAMIC GLAZE	2 sachets
BOCCONCINI	1 tub
BASIL	1 packet (60g)
SNOW PEAS	1 bag (250g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt and pepper, dried thyme

KEY UTENSILS

large frypan, saucepan

NOTES

Place a lid over the saucepan to quickly bring it to boil. Simmer with lid half on to speed up the cooking time.

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 SORGHUM

Place sorghum in a saucepan and cover with plenty of water. Bring to the boil and simmer for 20–25 minutes (see notes). Drain and rinse under cold water. Set aside.



2. CHAR THE VEGETABLES

Heat a frypan pan over high heat. Slice onion. Toss with cherry tomatoes, **1 tbsp olive oil, salt and pepper**. Add to frypan and cook for 4–6 minutes until they start to blister. Remove from pan.



3. COOK THE STEAKS

Coat steaks with **1 tsp dried thyme, oil, salt and pepper**. Reheat pan over high heat. Cook for 2–4 minutes each side or until cooked to your liking. Set aside to rest.



4. MAKE THE DRESSING

Reduce frypan to low heat. Add **1 tbsp butter** and **1 tbsp olive oil** along with balsamic glaze. Stir until combined and slightly foaming. Take off heat.



5. TOSS THE SALAD

Drain the bocconcini. Pick basil leaves. Trim and halve snow peas. Toss together with cooked sorghum, charred vegetables and balsamic dressing. Season with **salt and pepper**.



6. FINISH AND PLATE

Slice steaks and divide among plates with salad.

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

