



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Potatoes

Potatoes have 40% less carbohydrates than pasta, 60% more vitamin C than blueberries and 80% more potassium than bananas!



## 4 Beef Steaks with Zesty Potato Salad

Grass-fed beef steaks, served with a zesty preserved lemon potato salad.

 30 mins

 4 servings

 Beef

27 August 2021

## Herb it up!

*If you have any fresh herbs in your fridge or garden, don't let them go to waste! Finely chop up parsley, dill or chives and add them into your potato salad dressing.*

Per serve: **PROTEIN** 40g **TOTAL FAT** 23g **CARBOHYDRATES** 34g

## FROM YOUR BOX

POTATOES	800g
BEEF STEAKS	600g
RADISHES	1/2 bunch *
ROCKET	1 bag (120g)
SHALLOT	1
PRESERVED LEMON PASTE	1/2 jar *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, honey

## KEY UTENSILS

large frypan, saucepan

## NOTES

You can peel your potatoes before dicing if you wish. We like leaving the skins on for extra flavour and nutrients.

**No beef option – beef steaks are replaced with chicken breast.** Increase cooking time to 10–15 minutes on each side or until cooked through.



### 1. BOIL THE POTATOES

Dice potatoes (see notes) and place in a saucepan, cover with water. Bring to a boil and simmer for 10 minutes or until tender. Drain potatoes and rinse in cold water.



### 2. COOK THE STEAKS

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



### 3. PREPARE VEGETABLES

Slice radishes. Add to a bowl with rocket.



### 4. PREPARE THE DRESSING

Finely dice shallot. Add to a large bowl with 1 1/2 tbsp preserved lemon, **1 tsp honey, 1/4 cup olive oil, salt and pepper**. Whisk together to combine.



### 5. TOSS THE POTATOES

Add potatoes to bowl with dressing. Toss until all ingredients are well coated.



### 6. FINISH AND PLATE

Slice steaks. Serve tossed potatoes on plates with sliced steaks.

**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](mailto:hello@dinnertwist.com.au)

