



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Lemon

Lemons are a good source of vitamin C, magnesium and potassium - minerals and antioxidants that give you better hair, skin and stronger nails!



## 4 Oregano Steaks with Roast Tomato Sauce

Lemon dressed rocket salad with seared beef steaks and a creamy tomato ricotta sauce.

 35 minutes

 4 servings

 Beef

23 November 2020

### Mix it up!

*Instead of blending the sauce you could toss the roast onion and tomatoes through the salad and serve with dollops of ricotta.*

Per serve: **PROTEIN** 41g **TOTAL FAT** 21g **CARBOHYDRATES** 17g

## FROM YOUR BOX

RED ONION	3/4 *
TOMATO	1
BROCCOLI	1
RED CAPSICUM	1
LEMON	1
BEEF STEAKS	600g
RICOTTA	1/2 tub *
ROCKET LEAVES	1 bag (120g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dried oregano

## KEY UTENSILS

2 oven trays, frypan, stick mixer or blender

## NOTES

If there is room roast the veggies on the same tray as tomato and onion.

Any extra sauce is delicious as a spread in sandwiches or used as a dip for veggie sticks.

**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. ROAST TOMATO & ONION

Set oven to 220°C.

Wedge onion and tomato. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 15 minutes until tender (see step 4).



### 2. ROAST THE VEGGIES

Cut broccoli into florets and slice capsicum. Toss on a lined oven tray with lemon zest, 1/2 lemon juice, **oil, salt and pepper** (see notes). Roast for 20 minutes until tender.



### 3. COOK THE STEAKS

Coat steaks with **1/2 tsp oregano, oil, salt and pepper**. Cook in a frypan over medium-high heat for 2-4 minutes each side or to your liking. Set aside to rest.



### 4. BLEND THE SAUCE

Blend the roast onion and tomato with ricotta until smooth. Season with **salt and pepper** to taste.



### 5. TOSS THE SALAD

Whisk together 1 tbsp lemon juice and **2 tbsp olive oil**. Toss with rocket leaves, roast broccoli and capsicum.



### 6. FINISH AND PLATE

Spoon the tomato sauce (to taste) over plates and top with broccoli salad. Serve 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)

