




Product Spotlight: Nectarine

Nectarines contain many vitamins and minerals, and a medium-sized nectarine only has 60 calories. Choose a firm nectarine for a nutritious snack, or serve them sliced with a drizzle of honey for a nutrient-packed dessert!



4 Seared Steaks with Fennel & Nectarine Slaw

Juicy seared steaks served alongside a crisp fennel and nectarine coleslaw with basil, toasted walnuts and creamy labanneh cheese.

 30 minutes

 4 servings

 Beef

30 November 2020

Spice it up!

Cook the steaks on the BBQ for an extra char. You could also use balsamic vinegar instead of white wine vinegar for the dressing if preferred.

Per serve: **PROTEIN** 37g **TOTAL FAT** 26g **CARBOHYDRATES** 13g

FROM YOUR BOX

BEEF STEAKS	600g
WALNUTS	1 packet (40g)
BABY WOMBOK CABBAGE	1/2 *
FENNEL	1
NECTARINES	2
BASIL	1 packet (20g)
LABANNEH CHEESE	1/2 tub *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, smoked paprika, white wine vinegar, dijon or wholegrain mustard

KEY UTENSILS

frypan or griddle pan

NOTES

Separate and rinse cabbage leaves before slicing.

To prepare the fennel, cut the bulb in half vertically and remove the core then slice.

No beef option - beef bolar blade is replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side or until cooked through.



1. COOK THE STEAK

Coat steaks with **2 tsp paprika, oil, salt and pepper**. Cook for 2-4 minutes each side or to your liking. Remove to a plate to rest.



2. TOAST THE WALNUTS

Roughly chop walnuts. Add to a dry frypan over medium-high heat. Toast for 3-4 minutes until golden. Set aside.



3. PREPARE THE SLAW

Shred cabbage leaves. Thinly slice fennel and chop fronds (see notes). Slice nectarines and basil leaves.



4. DRESS THE SLAW

Whisk together **1/2 tsp mustard, 1 tbsp vinegar** and **2 tbsp olive oil**. Toss together with slaw on a large serving plate. Season with **salt and pepper**. Spoon over labanneh cheese and garnish with walnuts.



5. FINISH AND PLATE

Slice steaks and serve with fennel and nectarine slaw.

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

