



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Cashew Nuts

Cashew nuts contain more iron than any other nut. They contain healthy, heart-friendly monounsaturated fats, which can help increase the good cholesterol in the blood.



## 4 Steak with Romesco Sauce

Grass-fed beef steaks with capsicum and cashew nut romesco sauce and fresh salad.



30 mins



4 servings



Beef

25 June 2021

### Use it up!

*This romesco sauce is really versatile. It is delicious on roast vegetables, use as a dip with crackers, or toss through cooked pasta.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	39g	27g	11g



## FROM YOUR BOX

CASHEW+NUTRITIONAL YEAST	1 packet (55g)
CHARGRILLED CAPSICUM DIP	75g
KALE	1/2 bunch *
BEEF STEAKS	600g
BABY LEAVES+BEET	1 bag (180g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, white wine vinegar, lemon pepper

## KEY UTENSILS

large frypan, stick mixer (or small blender), oven tray, kettle

## NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.

**No beef option – beef steaks are replaced with skin-on chicken breast.** Increase cooking time to 8–12 minutes on each side or until cooked through.



### 1. MAKE ROMESCO SAUCE

Boil the kettle and set oven to 220°C.

Add cashew and nutritional yeast to a jug, pour over **1/4 cup hot water, 4 tbsp olive oil, 1 tsp vinegar, salt, pepper** and capsicum dip. Using a stick mixer, blend to a smooth consistency.



### 2. ROAST THE KALE

Remove the kale leaves from the stalks. Toss on a lined oven tray with **oil, salt and pepper**. Arrange so that the kale is in a single layer on the tray. Roast for 8–12 minutes, until kale is a dark green, crispy but not burnt.



### 3. COOK THE STEAKS

Heat a frypan over high heat. Coat the steaks in **oil, 1/2 tsp lemon pepper and salt**. Add to pan and cook for 2–4 minutes each side or until cooked to your liking. Set aside to rest.



### 4. MAKE SALAD DRESSING

In a large bowl whisk together **1 tbsp vinegar, 2 tbsp olive oil, salt and pepper**.



### 5. TOSS THE SALAD

Add the baby leaves and beet mix to the bowl with the dressing, along with the crispy kale. Toss to coat well.



### 6. FINISH AND PLATE

Spoon a generous amount of romesco sauce on the plate, top with steak and serve 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**

