



Product Spotlight: Alfalfa Sprouts

Alfalfa sprouts are actually a form of legume in sprouted form! Delicious in sandwiches and salads. They are very easy to grow at home in a sprout-growing kit!



4 Steaks with Super Green Mash & Roast Tomatoes

Tender beef steaks with a chive dressing, served on creamy goats cheese mash and sticky roast tomatoes.

 30 minutes

 4 servings

 Beef

31 August 2020

Spice it up!

Slice some fresh basil leaves and toss through tomatoes or stir through mash. Spice your beef with some ground coriander or coat with chopped rosemary leaves.

Per serve: **PROTEIN** 48g **TOTAL FAT** 33g **CARBOHYDRATES** 53g

FROM YOUR BOX

POTATOES	3
BROCCOLI	1
CHERRY TOMATO MEDLEY	1 bag (400g)
RED CAPSICUM	1
CHIVES	1/2 bunch *
BEEF STEAKS	600g
GOATS CHEESE	1/2 packet *
ALFALFA SPROUTS	1/2 punnet *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dried tarragon, white wine vinegar, sugar (of choice)

KEY UTENSILS

saucepan, frypan, oven tray

NOTES

Substitute the vinegar for balsamic vinegar if you have some.

Use all of the broccoli (including the stalks) in the mash.

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. BOIL THE VEGETABLES

Set oven to 220°C.

Dice potatoes (peel if preferred) and cut broccoli into florets. Add to a saucepan and cover with water. Bring to boil and cook for 12-15 minutes until tender. Drain and set aside (see step 5).



2. ROAST THE TOMATOES

Halve the tomatoes and slice capsicum. Toss on a lined oven tray with **1 tsp sugar**, **1/2 tbsp vinegar** and **1 tbsp olive oil** (see notes). Season with **salt and pepper**. Roast in oven for 15 minutes.



3. PREPARE THE DRESSING

Whisk together **1 tsp dried tarragon**, **1 tbsp vinegar** and **1/4 cup olive oil**. Slice and stir in chives. Season with **salt and pepper**. Set aside.



4. COOK THE STEAKS

Coat steaks with **oil, salt and pepper**. Cook in a frypan over high heat for 2-4 minutes each side or to your liking. Remove to a plate to rest.



5. MAKE THE MASH

Mash boiled vegetables together with goats cheese and season with **salt and pepper**.



6. FINISH AND PLATE

Divide green mash, roast tomato salad and steaks among plates. Spoon over dressing and garnish with alfalfa sprouts.

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**

