



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Kale


Kale can dehydrate quickly in the fridge. Trim and place in a bowl of water in the fridge to store or rehydrate.



## 4 Warm Chilli & Lime Beef Salad

Caramelised roasted vegetables tossed with crisp green beans, tender kale and sliced beef rump steak, finished with a punchy chilli & lime dressing.

 35 minutes

 4 servings

 Beef

29 June 2020

### Spice it up!

*Toss the pumpkin with some cumin seeds or a curry paste for added flavour! Use sesame oil for the dressing and garnish with crispy fried shallots if you have any.*

Per serve: **PROTEIN** 42g **TOTAL FAT** 19g **CARBOHYDRATES** 56g

## FROM YOUR BOX

BUTTERNUT PUMPKIN	1
GARLIC	1 clove
MANGO CHILLI CHUTNEY	100g
LIME	1
GREEN BEANS	1 bag (150g)
BEEF RUMP STEAKS	600g
KALE	1/2 bunch *
MINT	1/2 bunch *
SUPER SEED SPRINKLES	1/2 jar *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, chilli flakes, soy sauce (or tamari), sugar (of choice)

## KEY UTENSILS

oven tray, frypan

## NOTES

The chutney may burn a little when roasting, we recommend placing the tray on a rack in the middle of the oven to prevent too much burning.

For a warmer dish you can sauté the kale at the same time as the beans.

**No beef option - beef rump steaks are replaced with chicken schnitzels.** Increase cooking time to 4-5 minutes on each side or until cooked through.



### 1. ROAST THE PUMPKIN

Set oven to 220°C.

Cut pumpkin into cubes and toss on a lined oven tray with 1 crushed garlic clove, mango chilli chutney and **1 tbsp soy sauce**. Roast for 25 minutes until cooked through (see notes).



### 2. PREPARE THE DRESSING

Combine lime zest and juice with **1/2 tsp sugar, 1 tbsp soy sauce, 1/4 tsp chilli flakes** and **2 tbsp olive oil**. Set aside.



### 3. SAUTÉ THE BEANS

Trim and halve beans. Add to a frypan over medium-high heat with **oil**. Cook for 2-3 minutes until tender. Remove to a large salad bowl and keep pan on heat.



### 4. COOK THE STEAK

Coat steaks with **oil, salt and pepper**. Cook for 3-4 minutes each side or to your liking. Remove to chopping board to rest.



### 5. TOSS THE SALAD

Slice kale leaves. Add 1 tbsp dressing and use hands to scrunch until tender. Roughly chop mint leaves and slice steak. Add to salad bowl along with pumpkin and toss with dressing.



### 6. FINISH AND PLATE

Divide salad among bowls and garnish with super seed sprinkles.

**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**

