



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Sweet Potatoes

We love Mr. Sweet Potato because he delivers the nutritional goods! Not only delicious, he is supercharged with vitamin A (makes your eyes strong) & vitamin C (helps your immune system keep you healthy).



## 2 Balsamic Beef Steaks

Juicy beef steaks served with oven-roasted sweet potatoes, fresh green salad and a rosemary balsamic dressing.

 25 minutes

 2 servings




 Beef

18 January 2021

*Mix up the potatoes*

*If someone in the family is not super keen on the super Sweet Potato – you can wedge and add a couple of regular potatoes too!*

## FROM YOUR BOX

|  |                    |
|--|--------------------|
| SWEET POTATOES   | 400g               |
| ROSEMARY SPRIG   | 1                  |
| BALSAMIC DRESSING  | 1 sachet           |
| BEEF STEAKS   | 300g               |
| AVOCADO  | 1                  |
| SUGAR SNAPS  | 1/2 packet (75g) * |
| ROCKET LEAVES  | 1/2 bag (30g) *    |
| FETA CHEESE  | 1/2 packet *       |
|  BEETROOT     | 1 packet           |
|  WHITE QUINOA | 1 packet (100g)    |

\*Ingredient also used in another recipe

## FROM YOUR PANTRY


olive oil + oil for cooking, salt, pepper

## KEY UTENSILS

oven tray, frypan or barbecue

## NOTES


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

 **VEG OPTION – Ingredients are replaced with vegetarian alternatives – follow the cooking instructions as directed.**



### 1. ROAST THE SWEET POTATO

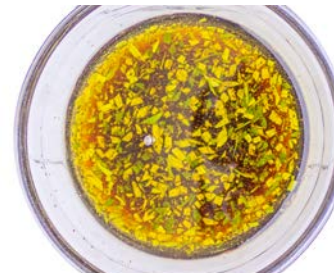
Set oven to 220°C. Cut sweet potatoes into wedges. Toss with **oil and salt** on a lined oven tray. Roast for 20 minutes or until golden and tender.

 **VEG OPTION – Roughly chop sweet potato and beetroots into chunks instead of wedges. Roast for 20 minutes.**




### 4. PREPARE THE SALAD

While steaks are cooking, chop avocado, trim and halve sugar snaps. Arrange with rocket leaves on a serving platter.



### 2. MAKE THE DRESSING


Finely chop rosemary. Combine 1 tsp chopped rosemary in a small bowl with **1 1/2 tbsp olive oil** and balsamic dressing. Season with **salt and pepper**.

 **VEG OPTION – Place quinoa in a saucepan and cook for 15 minutes until tender. Drain and rinse.**



### 5. FINISH AND SERVE

Serve steaks with roasted sweet potato wedges and salad. Crumble over feta cheese and drizzle with balsamic dressing to serve.

 **VEG OPTION – Serve this dish as a 'Buddha bowl' with roasted vegetables, fresh greens and quinoa. Drizzle with dressing and crumble over feta.**



### 3. COOK THE STEAKS

Heat a pan/barbecue over medium-high heat. Halve steaks (optional) and rub with remaining chopped rosemary (to taste), **oil, salt and pepper**. Cook steaks for 3 minutes on each side, or until cooked to your liking.

 **VEG OPTION – Skip this step.**

**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**

