



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Pecans


The name "pecan" is a Native American word that was used to describe nuts which required a stone to crack. There are two ways to pronounce "pecan" however no one agrees which is the correct pronunciation!



2 Chimichurri Steaks with Roasted Apples & Sweet Potato

A chimichurri sauce made with a twist, using fresh parsley, lemon and pecans. Served on grilled steak with a side of roasted apples & sweet potatoes.

 25 minutes

 2 servings



 Beef

28 December 2020

Blend the sauce!

If you prefer a smooth sauce you can blend the chimichurri using a stick mixer. Add some cheese for a pesto like consistency.

FROM YOUR BOX

SWEET POTATO	400g
RED APPLE	1
GREEN CHILLI	1
PARSLEY	1/2 bunch *
PECANS	1 packet (30g)
LEMON	1/2 *
GARLIC CLOVE	1
BEEF STEAKS 	300g
SPINACH & ROCKET MIX	1 bag (60g)
 FALAFEL BITES	1 packet

*Ingredient also used in another recipe

FROM YOUR PANTRY

olive oil, oil for cooking, salt, pepper


KEY UTENSILS

oven tray, griddle, frypan or barbecue

NOTES

Add zest from 1/2 lemon to dressing for extra flavour. Use a small garlic clove!

No beef option – beef steaks are replaced with chicken schnitzels. Increase cooking time to ensure chicken is 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 potato and apple into 2–3cm chunks. Toss on a lined oven tray with **oil and salt**. Roast for 20 minutes or until golden and tender.




2. MAKE THE CHIMICHURRI

De-seed and chop chilli (use to taste), parsley and pecans. Combine with lemon juice, **3 tbsp olive oil** and crushed garlic (see notes). Season with **salt and pepper**.



3. GRILL THE STEAK

Heat a griddle pan or barbecue over medium high heat. Rub steak with **oil, salt and pepper**. Cook for 2–4 minutes on each side or until cooked to your liking.

 **VEG OPTION – place falafel bites next to potatoes to warm in the oven for the last 10 minutes.**



4. REST THE STEAKS


Place steaks on a plate to rest for 5 minutes, spread over 1 tbsp of the chimichurri sauce.

 **VEG OPTION – omit this step.**



5. FINISH AND SERVE

Serve sliced steaks with roasted sweet potatoes, apples, chimichurri sauce and fresh rocket & spinach mix.

 **VEG OPTION – Serve falafel bites with roasted sweet potatoes, apples, chimichurri sauce and fresh rocket & spinach mix.**

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**

