

SEE
NOTES FOR
VEGETARIAN
INSTRUCTIONS



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Naked Food Co Persian Feta

Perfectly creamy and savoury feta.
Made in WA by local business Naked
Food Co. Amazing served with food
as well as on a cheese platter.



3 Beef Steaks & Gazpacho Salad with Feta Ball

Beef steaks – perfect for the barbecue, served with sweet potato discs, a fresh dressed salad and delicious Persian Feta Ball.

 25 minutes

 2 servings




 Beef

9 November 2020

Skip sweet potatoes?

*Are sweet potatoes not your thing?
This dish is delicious with some
warm crusty bread as well as regular
roasted potato wedges!*

FROM YOUR BOX

SWEET POTATOES	400g
BEEF STEAKS 	300g
GARLIC CLOVE	1
TOMATO	1
CHIVES	1/3 bunch *
RED CAPSICUM	1/2 *
LEBANESE CUCUMBER	1
BASIL	1/2 packet *
BABY SPINACH	1 bag (60g)
PERSIAN FETA BALL	1 tub
 WHITE BEANS	1 can (400g)
 AVOCADO	1

*Ingredient also used in another recipe

FROM YOUR PANTRY

olive + oil for cooking, salt, pepper, sugar (brown or other), red wine vinegar


KEY UTENSILS

oven tray, grill/frypan or barbecue

NOTES

Rub steaks with 1/2 tsp dried oregano and 1 small crushed garlic clove prior to cooking for extra flavour.

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

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



1. ROAST SWEET POTATOES


Set oven to 220°C.

Slice sweet potatoes (alternatively cut into wedges) and toss with **oil and salt**. Arrange on a lined oven tray and roast for 20 minutes or until golden and tender.



4. TOSS THE SALAD

Halve or quarter tomatoes and slice chives. Dice capsicum and cucumber. Slice basil leaves and spinach (or leave whole) and toss everything together in the bowl with dressing.

 **VEG OPTION – Use the whole packet of basil (not used in recipe 2). Drain white beans and add to salad.**



2. COOK THE STEAKS


Heat a pan or barbecue over medium-high heat. Rub steaks with **oil, salt and pepper** (see notes). Add to pan and cook for 3 minutes on each side or until cooked to your liking. Set aside to rest until serving.

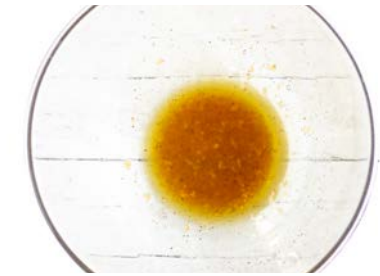
 **VEG OPTION – Skip this step.**



5. FINISH AND SERVE

Serve beef steaks with roasted sweet potatoes, salad and Persian feta.

 **VEG OPTION – Toss salad together with sweet potatoes (optional). Serve with quartered avocado.**



3. WHISK THE DRESSING

In the meantime, whisk together 1 small crushed garlic clove, **1/2 tsp sugar, 1 tbsp red wine vinegar, 2 tbsp olive oil, salt and pepper** in a serving bowl.

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**

