



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Leek

You can re-grow a leek! Slice, leaving about 1cm of the white end, with roots attached. Stand the bulb, root-end down, in a small jar with water, change water at least once a week and watch them grow!



## 3 Beef Steaks with Crushed Potatoes

Beef steaks served alongside crushed potatoes with sautéed leek and fresh oregano, garden salad and mustard dressing.

 20 minutes

 2 servings

 Beef

9 April 2021

## FROM YOUR BOX

BABY POTATOES	400g
LEEK	1/2 *
OREGANO	1 packet
BABY COS LETTUCE	1
TOMATO	1
LEBANESE CUCUMBER	1
PARSLEY	1/2 packet *
BEEF STEAKS 	300g
 BUTTERNUT PUMPKIN	1
 ALMONDS	1 packet
 LABANNEH CHEESE	1 tub

\*Ingredient also used in another recipe

## FROM YOUR PANTRY

olive oil + oil/butter for cooking, salt, pepper, vinegar (red or white wine), seeded mustard

## KEY UTENSILS

saucepan, large frypan, kettle (optional)

## NOTES

Roast the potatoes and leek if you prefer!

**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. BOIL THE POTATOES

Boil the kettle. Quarter potatoes and place in a saucepan, cover with hot water from the kettle. Boil for 10 minutes or until soft.

 **VEG OPTION – Set oven to 220°C. Chop pumpkin and leek into chunks, quarter potatoes. Toss on a lined oven tray with oil, half of the oregano, salt and pepper. Roast for 25 minutes until soft.**



### 4. COOK THE STEAKS

Reheat the frypan over medium–high heat. Rub steaks with **oil, salt and pepper** and cook for 2–3 minutes on each side or until cooked to your liking.

 **VEG OPTION – Skip this step.**



### 2. SAUTÉ THE LEEK

Heat a frypan with **butter/oil** over medium heat. Slice and add leek, cook for 6–7 minutes or until soft. Season with **salt and pepper**, add half of the fresh oregano leaves. Remove to a bowl.

 **VEG OPTION – Skip this step.**



### 5. DRAIN THE POTATOES

Drain potatoes and return to saucepan, add leek mixture. Crush/mash potatoes and leek with some **butter or milk** to desired consistency, season to taste with **salt and pepper**.

 **VEG OPTION – Skip this step.**



### 3. PREPARE SALAD & DRESSING

Meanwhile, chop lettuce, tomato and cucumber. Toss in a serving bowl.

Combine **2 tbsp olive oil, 1 tbsp vinegar** and **1 tbsp seeded mustard** in a bowl. Chop and add parsley and remaining oregano.



### 6. FINISH AND SERVE

Serve steaks with garden salad and crushed potatoes, drizzle with dressing to taste.

 **VEG OPTION – Serve oven roasted veggies with salad and dressing. Scatter over more parsley taste, chopped almonds and dollop with labanneh.**

**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**

