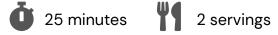




# **Beef Steaks**

## with Roasted Vegetables & Feta

A colourful roast veggie salad with tomatoes, beetroot, almonds and feta cheese from Naked Food Co, alongside lightly spiced beef steaks.







Add some fresh mint, basil or chilli to the salad if desired! If you like a little sweetness in your dressing you can add some maple syrup.

#### FROM YOUR BOX

SWEET POTATO	300g
COOKED BEETROOT	1 packet (200g)
CHERRY TOMATOES	1/2 packet (100g) *
ROCKET & SPINACH MIX	1/2 bag (60g) *
ALFALFA SPROUTS	1/2 punnet *
MARINATED FETA	1 tub
BEEF STEAKS 4	300g
ALMONDS	1 packet (40g)
<b>VEGGIE FRITTERS</b>	1 packet

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried rosemary, ground cumin (or coriander), balsamic vinegar

#### **KEY UTENSILS**

oven tray, frypan

#### **NOTES**

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 THE VEGETABLES

Set oven to 220°C. Dice sweet potato, beetroots and halve cherry tomatoes. Arrange on a lined oven tray. Drizzle with oil and season with 1/2 tsp rosemary, salt and pepper. Roast for 15-20 minutes or until cooked through.



### 4. COOK THE STEAKS

Heat a frypan over medium-high heat. Toss steaks with 1/2 tsp ground cumin, oil, salt and pepper. Cook in pan for 2-3 minutes on each side or until cooked to your liking.

**WEG OPTION - Skip this step.** 



### 2. PREPARE THE SALAD

Arrange spinach & rocket leaves with alfalfa sprouts and drained feta cheese.

**WEG OPTION - Prepare salad as above.** Place veggie fritters on a separate tray and cook for 15 minutes until warmed.



### 3. MAKE THE DRESSING

Whisk together 1 tbsp balsamic vinegar with 2 tbsp olive oil. Season with salt and pepper.



### 5. FINISH AND PLATE

Arrange lettuce, roast vegetables, sprouts and feta on a large serving plate. Drizzle over balsamic dressing and serve with the beef steaks. Chop almonds and scatter on top.

VEG OPTION - Arrange lettuce, roast vegetables, sprouts and feta on a large serving plate. Drizzle over balsamic dressing and serve with the fritters.

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



