



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Corn Cob

Corn is a special food, falling into not just one food category but two. The kernels are classified as a vegetable, but if you dry and pop them into popcorn they are considered a grain!



2 BBQ Steaks with Avocado Salsa

Spiced beef steaks topped with a lime and avocado salsa alongside golden sweet potato rounds and sweet corn on the cob.

 25 minutes

 2 servings



 Beef

5 November 2021

Switch it up!

You can transform this dish into loaded wedges! Roast the sweet potato wedges, top with sliced steak, feta cheese and corn kernels. Use the avocado, lime and tomatoes to make a guacamole.

FROM YOUR BOX

SWEET POTATOES	500g
CORN COB	1
BEEF STEAKS 	300g
AVOCADO	1
CHERRY TOMATOES	1/2 bag (100g) *
CORIANDER	1/2 packet *
LIME	1
FETA CHEESE	1/2 packet (100g) *
 VEGETARIAN ARANCINI	1 packet

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cumin (see notes)


KEY UTENSILS

oven tray, frypan/griddle pan or BBQ

NOTES

You can use smoked paprika, ground coriander or a cajun spice mix instead of cumin on the steaks.

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 VEGETABLES

Set oven to 220°C.


Slice sweet potatoes into rounds and corn into halves. Toss on a lined oven tray with **oil, salt and pepper**. Roast in oven for 20 minutes or until cooked through.

 **VEG OPTION – Prepare as above and season with 1/2 tsp ground cumin. Roast as above.**



4. FINISH AND SERVE


Divide sweet potatoes, corn and steaks among plates. Top with avocado salsa and crumbled feta (to taste). Serve with lime wedges.

 **VEG OPTION – Crumble feta over sweet potatoes. Serve with corn, arancini, salsa and lime wedges.**



2. COOK THE STEAKS

Coat steaks with **1 tsp cumin, oil, salt and pepper**. Cook in a frypan/griddle or BBQ over medium-high heat for 2–4 minutes each side or to your liking. Set aside to rest.

 **VEG OPTION – Heat pan as above with oil. Add arancini (in batches) and flatten slightly with a spatula. Cook for 4 minutes each side until crispy.**



3. MAKE THE SALSA

Dice avocado, quarter cherry tomatoes and chop coriander. Toss together with 1/2 the lime zest and juice (wedge remaining) and **1 tbsp olive oil**.

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

