




Product Spotlight: Alfalfa Sprouts


Alfalfa sprouts are actually a form of legume in sprouted form! Delicious in sandwiches and salads, they are very easy to grow at home in a sprout-growing kit!



2 BBQ Glazed Beef with Potato Salad

Potatoes in a creamy parmesan and mustard dressing topped with boiled eggs, crispy cos lettuce and nutritious sprouts. Served with beef steaks glazed in a delicious barbecue sauce.

 25 minutes

 4 servings

 Beef

5 October 2020

Barbecue Time!?

If the weather allows - barbecue the steaks (whole) and serve the barbecue sauce on the side! The potato salad can be made in advance and kept in the fridge.

FROM YOUR BOX

DICED POTATOES	800g
FREE-RANGE EGGS	3
NATURAL YOGHURT	1 tub (200g)
GRATED PARMESAN CHEESE	1/2 packet (100g)*
CELERY STICK	1
OREGANO	1/2 packet *
BEEF STEAKS	600g
BARBECUE SAUCE	1/2 bottle *
BABY COS LETTUCE	1
ALFALFA SPROUTS	1/2 punnet *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive + oil for cooking, salt, pepper, mustard (seeded or dijon)

KEY UTENSILS

large frypan, saucepan, kettle

NOTES

We used refrigerated eggs and allowed to boil for 6 minutes for a runny yolk, keep for another 1–2 minutes if you prefer your eggs more cooked.

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 – beef steaks are replaced with 1 packet pumpkin bites + 1 bunch dutch carrots. Roast (220°C) carrots for 15–18 minutes and pumpkin bites for 10–12 minutes or until warmed through. Serve with potato salad and bbq sauce.



1. BOIL THE POTATOES

Boil the kettle.

Place potatoes in a saucepan, cover with hot water and boil for 4 minutes (continue step 2).



2. ADD THE EGGS

Add the eggs to the boiling potatoes and simmer for a further 6–7 minutes (see notes). Drain and cool under running water.



3. MAKE THE DRESSING

In the meantime, combine yoghurt with parmesan cheese, **1/2 tbsp mustard and 1 tbsp olive oil**. Slice celery and chop oregano leaves, add to dressing. Season well to taste with **salt and pepper**. Set aside in the fridge.



4. COOK THE STEAKS

Heat a large frypan with **oil** over medium-high heat. Add steaks and cook for 3 minutes. Turnover, adding 1/2 cup barbecue sauce to pan and cook for further 2 minutes or until steaks are cooked to your liking.



5. ARRANGE THE SALAD

Toss potatoes and dressing, trim and wedge lettuce. Arrange along with sprouts on a platter. Peel and quarter eggs, arrange on top.



6. FINISH AND SERVE

Serve potato and egg salad with bbq beef steaks and extra barbecue sauce.

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**

