



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Sweet Potatoes


We love Mr. Sweet Potato because he delivers the nutritional goods! Not only delicious, he is supercharged with vitamin A (makes your eyes strong) & vitamin C (helps your immune system keep you healthy).



2 Balsamic Beef Steaks

Juicy beef steaks served with oven-roasted sweet potatoes, fresh green salad and a rosemary balsamic dressing.

 25 minutes

 4 servings




 Beef

18 January 2021

Mix up the potatoes

If someone in the family is not super keen on the super Sweet Potato – you can wedge and add a couple of regular potatoes too!

FROM YOUR BOX

SWEET POTATOES	800g
ROSEMARY SPRIG	1
BALSAMIC DRESSING	2 sachets
BEEF STEAKS 	600g
BABY COS LETTUCE	1
LEBANESE CUCUMBER	1
AVOCADO	1
SUGAR SNAPS	1/2 packet (125g) *
FETA CHEESE	1/2 packet *
 BEETROOT	1 packet
 WHITE QUINOA	1 packet (200g)

*Ingredient also used in another recipe

FROM YOUR PANTRY


olive oil + oil for cooking, salt, pepper

KEY UTENSILS

oven tray, large frypan or barbecue

NOTES


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 SWEET POTATO

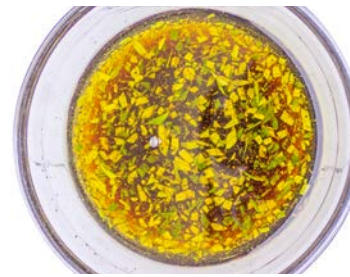
Set oven to 220°C. Cut sweet potatoes into wedges. Toss with **oil and salt** on a lined oven tray. Roast for 20 minutes or until golden and tender.

 **VEG OPTION – Roughly chop sweet potato and beetroots into chunks instead of wedges. Roast for 20 minutes.**




4. PREPARE THE SALAD

While steaks are cooking, chop lettuce, cucumber and avocado. Trim and halve sugar snaps. Arrange on a serving platter.



2. MAKE THE DRESSING


Finely chop rosemary. Combine 2 tsp chopped rosemary in a small bowl with **1/4 cup olive oil** and balsamic dressing. Season with **salt and pepper**.

 **VEG OPTION – Place quinoa in a saucepan and cook for 15 minutes until tender. Drain and rinse.**



5. FINISH AND SERVE

Serve steaks with roasted sweet potato wedges and salad. Crumble over feta cheese and drizzle with balsamic dressing to serve.

 **VEG OPTION – Serve this dish as a 'Buddha bowl' with roasted vegetables, fresh greens and quinoa. Drizzle with dressing and crumble over feta.**



3. COOK THE STEAKS

Heat a pan/barbecue over medium-high heat. Halve steaks (optional) and rub with any remaining chopped rosemary, **oil, salt and pepper**. Cook steaks for 3 minutes on each side, or until cooked to your liking.

 **VEG OPTION – Skip this step.**

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

