



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Pecans

The name "pecan" is a Native American word that was used to describe nuts which required a stone to crack. There are two ways to pronounce "pecan" however no one agrees which is the correct pronunciation!



2 Chimichurri Steaks with Roasted Apples & Sweet Potato

A chimichurri sauce made with a twist, using fresh parsley, lemon and pecans. Served on grilled steak with a side of roasted apples & sweet potatoes.

 25 minutes

 4 servings

 Beef

28 December 2020

Blend the sauce!

If you prefer a smooth sauce you can blend the chimichurri using a stick mixer. Add some cheese for a pesto like consistency.

FROM YOUR BOX

SWEET POTATOES	800g
RED APPLES	2
GREEN CHILLI	1
PARSLEY	1/2 bunch *
PECANS	1 packet (60g)
LEMON	1
GARLIC CLOVE	1
BEEF STEAKS 🌱	600g
SPINACH & ROCKET MIX	1 bag (120g)
🌱 FALAFEL BITES	2 packets

*Ingredient also used in another recipe

FROM YOUR PANTRY

olive oil, oil for cooking, salt, pepper

KEY UTENSILS

oven tray, large griddle, frypan or barbecue

NOTES

No beef option – beef steaks are replaced with chicken schnitzels. Increase cooking time to ensure chicken is 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 and apples into 2–3cm chunks. Toss on a lined oven tray with **oil and salt**. Roast for 20 minutes or until golden and tender.



2. MAKE THE CHIMICHURRI

De-seed and chop chilli, parsley and pecans. Combine with grated lemon zest, lemon juice, **1/3 cup olive oil** and crushed garlic. Season with **salt and pepper**.



3. GRILL THE STEAK

Heat a griddle pan or barbecue over medium high heat. Rub steak with **oil, salt and pepper**. Cook for 2–4 minutes on each side or until cooked to your liking.

🌱 VEG OPTION – place falafel bites on a separate tray and warm in the oven for 10 minutes.



4. REST THE STEAKS

Place steaks on a plate to rest for 5 minutes, spread over 2 tbsp of the chimichurri sauce.

🌱 VEG OPTION – omit this step.



5. FINISH AND SERVE

Serve sliced steaks with roasted sweet potatoes, apples, chimichurri sauce and fresh rocket & spinach mix.

🌱 VEG OPTION – Serve falafel bites with roasted sweet potatoes, apples, chimichurri sauce and fresh rocket & spinach mix.

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**

