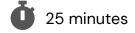


Chimichurri Steaks

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.





4 servings



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)
TALAFFI DITES	

^{*}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 trav 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

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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



