



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Dukkah

Dukkah originated in Egypt and is a condiment consisting of a mixture of herbs, nuts, and spices.

## 2 Dukkah Steaks with Roast Vegetable Medley

A roast veggie medley tossed with parsley and baby spinach, served with beef steaks, dip sauce and a sprinkle of dukkah.

 25 minutes

 4 servings



 Beef

30 April 2021

*Wrap it up!*

*Slice the steaks and  
serve it all in wraps!*

## FROM YOUR BOX

SWEET POTATOES	500g
RED CAPSICUM	1
ZUCCHINI	1
RED ONION	1
CHERRY TOMATOES	1/2 bag (200g) *
BEEF STEAKS 	600g
PARSLEY	1/2 bunch *
BABY SPINACH	1 bag (120g)
DUKKAH	1 packet
CAPSICUM DIP	1 tub
 FALAFEL BITES	2 packets

\*Ingredient also used in another recipe

## FROM YOUR PANTRY

oil for cooking, salt, pepper


## KEY UTENSILS

oven tray, large frypan

## NOTES

Rub beef steaks with 1 tsp ground coriander or cumin for added flavour!

**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 – Ingredients are replaced with vegetarian alternatives – follow the cooking instructions as directed.**

\* we originally cooked this dish with cauliflower but as it is unavailable we had to substitute with other ingredients




### 1. ROAST THE VEGETABLES

Set oven to 250°C. Roughly chop sweet potatoes, capsicum and zucchini, wedge red onion. Toss on a lined oven tray with cherry tomatoes **oil, salt and pepper**. Roast in the oven for 20 minutes or until tender.



### 4. FINISH AND SERVE


Serve steaks with roasted vegetable medley, dip and remaining dukkah sprinkled on top.

 **VEG OPTION – Serve falafel bites with roasted vegetable medley, dip and remaining dukkah sprinkled on top.**



### 2. COOK THE STEAKS

Heat a frypan over medium–high heat. Rub steaks with **oil, salt and pepper** (see notes). Cook for 2–4 minutes on each side or until cooked to your liking.

 **VEG OPTION – On a separate oven tray, place falafel bites and cook in the oven underneath the veggies for 10 minutes or until warm.**



### 3. TOSS THROUGH SPINACH

Chop parsley and toss through the roast vegetables along with baby spinach and half of the dukkah (or serve separately).

**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**

