



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Balsamic dressing


Cape Farm Shop is a family owned business based in Margaret River. Their balsamic dressing is a slow reduction of fruit and vinegar. It is gluten-free, contain no added sugar and no artificial thickeners.



3 Balsamic Steak Tagliata

Italian style grilled beef steaks served with potatoes, fresh baby spinach, shaved parmesan cheese and drizzled with a thyme & balsamic dressing.

 20 minutes

 4 servings



 Beef

22 March 2021

Make Garlic Butter!

Instead of, or as well as the balsamic dressing, this dish is very tasty with a dollop of garlic butter! Grate 75g butter (to soften). Combine with 1 tbsp olive oil, 1 crushed garlic clove and a pinch of salt.

FROM YOUR BOX

BABY POTATOES	700g
BEEF STEAKS 	600g
GARLIC CLOVE	1
CHERRY TOMATOES	1 punnet (400g)
PARMESAN CHEESE	1/3 block *
BABY SPINACH	1 bag (120g)
THYME	1/2 packet *
LEMON	1
BALSAMIC DRESSING	2 sachets
 PUMPKIN ARANCINI	2 packets

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil + oil for cooking, salt, pepper


KEY UTENSILS

saucepan, large grill, frypan or barbecue

NOTES

Roast potatoes as per the vegetarian option if preferred and serve the meal components separately.


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. BOIL THE POTATOES


Quarter baby potatoes and place in a saucepan with water (see notes). Bring to the boil and simmer for 12–15 minutes or until tender but still firm. Drain.

 **VEG OPTION – Set oven to 220°C. Wedge potatoes and toss on a lined oven tray with oil, salt and pepper. Roast for 20 minutes or until golden and tender.**



2. COOK THE STEAK


Heat a pan over medium–high heat. Rub steaks with crushed garlic, **oil, salt and pepper**. Cook for 3–4 minutes on each side or until cooked to your liking. Set aside on a board to rest.

 **VEG OPTION – Place arancini on another lined oven tray. Bake in oven for 10–15 minutes until golden.**



3. PREPARE THE SALAD

Halve or quarter cherry tomatoes, shave or grate parmesan and set aside with spinach leaves.

 **VEG OPTION – Prepare as above, tossing into a side salad.**




4. MAKE THE DRESSING

Pick or chop thyme leaves from 1/4 packet. Grate 2 tsp lemon zest. Combine with **3 tbsp olive oil**, juice from 1/2 lemon, balsamic dressing sachets, **salt and pepper**.



5. FINISH AND SERVE

Slice the steaks. Arrange spinach on a platter and top with potatoes, tomatoes, steak and parmesan. Drizzle with dressing and serve with remaining thyme leaves and lemon cut into wedges.

 **VEG OPTION – Serve arancini with roasted potatoes, salad, dressing and remaining lemon cut into wedges.**

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