



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Tomatoes


Although tomatoes are fruits – nutritionally they look more like vegetables. They are low in calories and rich in a number of nutrients that are good for your health.



3 Classic Steak with Roasted Potato Wedges

Grass-finished beef steaks on the barbecue served with golden baby potato wedges, a simple dipping sauce and garden salad.

 25 minutes

 4 servings




 Beef

1 March 2021

Smash the potatoes!

Boil potatoes whole for 10–15 minutes or until just tender. Drain and arrange on a lined oven tray. Smash using the bottom of a mug or glass. Drizzle with oil and season with oregano, oil and pepper. Crisp up in the oven for 10 minutes!

FROM YOUR BOX

BABY POTATOES	800g
BEEF STEAKS 	600g
MAYONNAISE DIP	200g
NATURAL YOGHURT	1/2 tub (100g) *
TOMATOES	2
LEBANESE CUCUMBER	1
BABY BEET & LEAVES	1 bag (180g)
 PASTURED EGGS	6-pack
 SEED MIX	1 packet (60g)

*Ingredient also used in another recipe

FROM YOUR PANTRY

olive oil + oil for cooking, salt, pepper, dried oregano, vinegar (of choice)


KEY UTENSILS

oven tray, large grill pan or barbecue

NOTES

If you have fresh herbs in the garden you can replace the dried oregano on the potatoes & steaks with fresh marjoram, oregano, thyme or sage.


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 POTATOES


Set oven to 220°C. Cut potatoes into small wedges. Toss on a lined oven tray with **oil**, **1 tsp oregano, salt and pepper**. Roast for 20 minutes or until golden and tender.

 **VEG OPTION – Quarter potatoes and place in a large saucepan with water. Bring to the boil and cook for 12 minutes. See step 2.**



4. TOSS THE SALAD


Wedge tomatoes and slice cucumber. Toss in a bowl with baby beet & leaves. Dress with **2 tbsp olive oil and 1 tbsp vinegar**.

 **VEG OPTION – Arrange lettuce mix on a large platter. Dice cucumber and tomatoes. Peel and quarter eggs.**



2. GRILL THE STEAKS

Heat a large grill pan or barbecue over medium–high heat. Rub steaks with **oil, salt, pepper and 1 tsp oregano**. Cook for 2–4 minutes on each side or until cooked to your liking. Rest on a plate for 2 minutes.

 **VEG OPTION – Add eggs to boiling water with potatoes and cook for 7 minutes. Remove and cool under running water.**



5. FINISH AND SERVE


Slice steaks if preferred. Serve steaks with roasted potato wedges, salad and sauce for dipping.

 **VEG OPTION – Place dressed potatoes on bed of lettuce. Top with diced cucumber, tomatoes and eggs. Sprinkle with seed mix and serve at the table.**



3. MAKE THE SAUCE

Combine mayonnaise dip with 1/2 tub yoghurt. Set aside.

 **VEG OPTION – Toss cooled potatoes with mayonnaise dip and 1/2 tub yoghurt.**

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

