



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: FETA CHEESE

The term 'feta' comes from the Greek word "Pheta" and can be translated as 'slice'. It is traditionally made from a combination of sheep and goats milk.

4. BEEF BOLAR BLADE

WITH ROCKET, WALNUTS & FETA

 35 Minutes

 2 Servings

Seared beef bolar blade steak served with cumin roasted vegetables tossed with peppery rocket leaves, candied walnuts and creamy feta cheese.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
62g	52g	44g

20 April 2020

FROM YOUR BOX

SWEET POTATOES	400g
RED ONION	1/2 *
GREEN PEAR	1
WALNUTS	1 packet (50g)
BEEF BOLAR BLADE STEAK	400g
ROCKET LEAVES	1/2 bag (100g) *
FETA CHEESE	1/2 packet *

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, balsamic vinegar, sugar (of choice), dried thyme (or dried herb of choice), cumin seeds (or ground cumin)

KEY UTENSILS

oven tray, frypan

NOTES

Use baking paper to line the frypan when doing the nuts. This will help prevent the sugar from sticking.

No beef option - beef bolar blade is replaced with chicken schnitzels. Cook for 4-5 minutes on each side or until cooked through.



1. ROAST THE VEGETABLES

Set the oven to 220°C. Slice sweet potato, wedge onion and pear. Coat with **1/2 tsp cumin seeds, oil, salt and pepper**. Roast in oven for 20-25 minutes or until golden and cooked through.



2. CANDY THE NUTS

Heat a frypan over medium heat with **1/2 tbsp oil** (see notes). Roughly chop and add walnuts along with **1 tsp balsamic vinegar** and **1 tsp sugar**. Cook, tossing, for 3-4 minutes until golden. Remove to a plate to cool.



3. COOK THE STEAK

Increase pan heat to high. Coat steak with **1/2 tsp dried thyme, oil, salt and pepper**. Cook for 4-6 minutes each side or until cooked to your liking. Set aside to rest.



4. MAKE THE DRESSING

Whisk together **1 tbsp balsamic vinegar, 1 tbsp olive oil, salt and pepper**.



5. TOSS THE SALAD

Gently toss the cooked vegetables with rocket leaves and crumbled feta cheese. Spoon over dressing and scatter over nuts.



6. FINISH AND PLATE

Slice steak and serve with pumpkin salad.