




Product Spotlight: Almonds


Almonds contain healthy fats, fibre and protein. As part of a healthy diet, they can help lower blood sugar levels and reduce hunger.



BBQ Beef Steaks with Kebabs and Romesco

Beef steaks and rainbow vegetable kebabs barbecued and served with homemade romesco sauce and slices of fresh, crusty ciabatta bread.

 35 minutes

 4 servings

 Beef

Switch it up!

Mix softened butter, crushed garlic and herbs to make garlic bread to serve. Alternatively, cut onion and zucchini into strips, BBQ them and make steak sandwiches.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	49g	27g	56g

FROM YOUR BOX

RED CAPSICUM	1
ZUCCHINI	1
RED ONION	1
CHERRY TOMATOES	200g
BEEF STEAKS	600g
RAW ALMONDS	1 packet
CIABATTA LOAF	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried Italian herbs, skewers, vinegar of choice

KEY UTENSILS

BBQ (or griddle pan), stick mixer or small blender

NOTES

BBQ out of gas? Have no fear, you can roast the capsicum and vegetable skewers in the oven and pan-fry the steaks.

For extra flavour, add a garlic clove and a pinch of dried chilli flakes to the romesco.

No gluten option – ciabatta is replaced with GF bread. Slice and toast to serve.



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1. BBQ THE CAPSICUM

Heat BBQ (see notes) over medium-high heat with **oil**. Roughly chop **capsicum** and add to BBQ. Cook, turning occasionally, for 4-6 minutes until charred. Remove from BBQ and keep heat on.



4. COOK THE STEAKS

Move skewers to one side of the BBQ. Coat **steaks** in **oil, salt and pepper**. Add to BBQ and cook for 2-4 minutes each side until cooked to your liking. Set aside to rest.



2. PREPARE THE SKEWERS

Cut **zucchini** and **onion** into evenly sized pieces. Toss with **tomatoes, oil, 2 tsp Italian herbs, salt and pepper**. Thread evenly onto **skewers**.



3. COOK THE SKEWERS

Add vegetable skewers to BBQ and cook, turning, for 15-20 minutes or until cooked through.



4. MAKE THE ROMESCO SAUCE

Use a stick mixer to blend barbecued capsicum, **almonds, 1 tbsp vinegar, 2 tbsp olive oil, 1 tsp Italian herbs salt and pepper** (see notes) to a smooth consistency.



6. FINISH AND SERVE

Slice the **bread** (see cover for notes).
Serve the skewers, steaks, romesco and bread tableside.

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**

