



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Parsley

As well as tasting great, parsley is rich in vitamins and minerals. This makes it a great addition for many dishes.





3

Beef Steaks

with Capsicum Pesto Potatoes

A delicious home-made capsicum pesto makes these baby potatoes sing. Paired with a simple salad and sliced steaks for a flavoursome dinner.

 30 minutes

 2 servings

 Beef

10 September 2021

Keep it simple

Skip the pesto and serve the capsicum, parsley and almonds fresh in the salad. Serve with some mayonnaise and/or tomato style sauce.

FROM YOUR BOX

BABY POTATOES	400g
RED CAPSICUM	1
GARLIC CLOVE	1
PARSLEY	1/2 bunch *
ALMONDS	1 packet (20g)
BEEF STEAKS	300g
AVOCADO	1
SPRING ONIONS	1/4 bunch *
GEM LETTUCE	1 *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil, oil for cooking, salt, pepper, red wine vinegar

KEY UTENSILS

frypan, saucepan, stick mixer or small food processor

NOTES

Barbecue weather? Grill the steaks as is or make into beef & veggie skewers if you have a bit more time up your sleeve! Delicious with the capsicum pesto potatoes.

No beef option – beef steaks are replaced with chicken schnitzels. Increase cooking time to 4–5 minutes on each side or until cooked through.



1. COOK THE POTATOES

Halve potatoes and place in a saucepan, cover with water. Bring to the boil and simmer for 10–15 minutes, or until tender. Drain and return to saucepan.



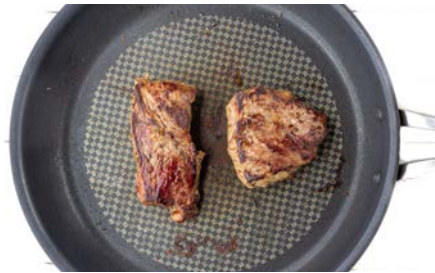
2. COOK THE CAPSICUM

Heat a frypan over medium–high heat with oil. Slice capsicum and garlic, add to pan. Cook for 3–4 minutes or until softened. Place half of the cooked capsicum into a jug and the other half into a salad bowl. Reserve pan for step 4.



3. MAKE THE PESTO

Roughly chop parsley and almonds. Add to the jug along with **1 tbsp olive oil and 1/2 tbsp vinegar**. Blend with a stick mixer until smooth and season with **salt and pepper**. Toss half with the cooked potatoes.



4. COOK THE STEAKS

Re-heat frypan over medium–high heat. Rub steaks with **oil, salt and pepper**. Cook for 2–4 minutes each side or until cooked to your liking.



5. PREPARE THE SALAD

Dice avocado, slice spring onions and roughly chop lettuce. Toss together with the capsicum, **1/2 tbsp olive oil and salt and pepper** to taste.



6. FINISH AND SERVE

Slice steaks and divide among plates with the pesto potatoes and salad. Serve remaining pesto on the side.

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**

