



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Rosemary


Fresh rosemary can be quite chewy, so we recommend that you thoroughly chop it before adding to the sweet potatoes and the dressing!



## 3 Mustard Beef Steaks with Rosemary Sweet Potatoes

Tender WA steaks with a tangy mustard & vinegar dressing, roasted sweet potatoes and a crisp side salad.

 25 minutes

 2 servings

 Beef

4 January 2021

## Chop chop!

*Don't be afraid to invite little upcoming chefs to join you in the kitchen to help with the chopping! Depending on their age and confidence in using knives, have them help wash and chop veggies like potatoes, tomato and cucumber.*

## FROM YOUR BOX

SWEET POTATOES	400g
ROSEMARY SPRIG	1
SPRING ONION	1
BEEF STEAKS	300g
BABY BEET AND LEAVES	1/2 bag (90g) *
TOMATO	1
LEBANESE CUCUMBER	1

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil, oil for cooking, salt, pepper, vinegar (of choice, we used red wine vinegar), mustard (we used seeded)

## KEY UTENSILS

oven tray, frypan

## NOTES

Cook the steaks on the barbecue if preferred.

You can add a dash of vinegar, honey, salt and pepper to the salad dressing if desired.

**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. ROAST THE POTATOES

Set oven to 220°C.

Dice potatoes and chop rosemary stalk to yield 1/2 tsp (or to taste). Toss together on a lined oven tray with **oil, salt and pepper**. Cook for 15–20 minutes until golden.



### 2. MAKE THE DRESSING

Slice spring onions and finely chop remaining rosemary. Whisk together in a bowl with **1 1/2 tbsp olive oil, 1/2 tbsp mustard, 1/2 tbsp vinegar, salt and pepper**.



### 3. COOK THE STEAKS

Heat a frypan (see notes) over medium-high heat. Season steaks with **oil, salt and pepper**. Cook for 2–4 minutes each side or until cooked to your liking. Remove to a bowl and pour over dressing.



### 4. TOSS THE SALAD

Place beet and leaves into a bowl. Dice and add tomato and cucumber. Toss together with **1/2 tbsp olive oil** (see notes).



### 5. FINISH AND PLATE

Slice steaks and serve with sweet potatoes and salad. Spoon over steak dressing and resting juices to taste.

**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](mailto:hello@dinnertwist.com.au)

