



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Dirty Clean Food Beef


The beef in your Dinner Twist box is from Dirty Clean Food. It's 100% grass-fed, raised in WA, and grown with regenerative and sustainable practices. Oh, and it's super tender & tasty, too!


**DIRTY
CLEAN
FOOD**



3 Steak and Wedges with Béarnaise Sauce

A pub classic, but at home! Tender grass-fed WA beef steaks alongside crunchy & colourful coleslaw, baked potato wedges and a creamy béarnaise sauce.

 30 minutes

 2 servings

 Beef

26 March 2021

Mash it up!

Don't want to turn on the oven, or just not in the mood for wedges? Make mashed potatoes instead! Halve and boil the potatoes, then drain and mash. Add butter/oil, sour cream, salt, pepper and/or herbs to taste.

FROM YOUR BOX

BABY POTATOES	400g
SHREDDED RED CABBAGE	1 packet (200g)
SPRING ONIONS	2
CARROT	1
GREEN APPLE	1
BEEF STEAKS	300g
BÉARNAISE SAUCE	100g

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil + oil for cooking, salt, pepper, dried thyme, red wine vinegar

KEY UTENSILS

large frypan, oven tray

NOTES

Cut the apple into sticks and serve on the side if preferred. Add some mayonnaise or yoghurt if you like a creamy coleslaw.

You can also cook the steaks on the barbecue.

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 WEDGES

Set oven to 220°C.

Cut potatoes into wedges and toss on a lined oven tray with **oil, salt and pepper**. Cook for 20–25 minutes until golden and crunchy.



2. MAKE THE COLESLAW

Tip the cabbage into a bowl. Slice spring onions, grate carrot and dice apple. Toss together with **1 tbsp olive oil, 1/2 tsp vinegar, salt and pepper** (see notes).



3. COOK THE STEAKS

Heat a frypan over medium–high heat (see notes). Rub steaks with **oil, 1/2 tsp thyme, salt and pepper**. Cook for 2–4 minutes each side or until cooked to your liking.



4. FINISH AND PLATE

Serve wedges, salad and steak on plates with Béarnaise sauce 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**

