



Product Spotlight: Sun-Dried Tomatoes

Sun-dried tomatoes are high in potassium, manganese and vitamin C. The practice of sun-drying may have originated in Italy, using the tiled rooftops to dry tomatoes for use during the winter months.



Beef Steaks

with Sun-Dried Tomato Pesto Potatoes

Grass-fed beef steaks served with boiled potatoes tossed in a homemade sun-dried tomato pesto and fresh, peppery rocket leaves.

25 minutes

4 servings

Beef

14 April 2023

Switch it up!

Roast the potatoes and serve them with the pesto instead, or skip making the pesto and slice the tomatoes and toss through rocket leaves.

Per serve: **PROTEIN** 44g **TOTAL FAT** 40g **CARBOHYDRATES** 56g

FROM YOUR BOX

MEDIUM POTATOES	800g
LEMON	1
ALMONDS	40g
SUN-DRIED TOMATOES	1 packet
GREEN CAPSICUM	1
ROCKET LEAVES	1 bag (120g)
BEEF STEAKS	600g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, honey

KEY UTENSILS

large frypan, large saucepan, small blender or stick mixer (see notes)

NOTES

If you don't have a blender or stick mixer, you can finely chop the sun-dried tomatoes and almonds and mix them with the remaining ingredients to make a loose pesto. Alternatively, chop almonds and tomatoes, toss with rocket leaves and capsicum. Use remaining ingredients to make a dressing.



1. BOIL THE POTATOES

Roughly chop potatoes and place in a saucepan, cover with water. Bring to a boil and simmer for 10 minutes, or until tender. Drain and return to saucepan.



2. MAKE THE PESTO

Zest lemon to yield 1 tbsp. Add to a small blender along with juice from 1/2 lemon (wedge remaining), almonds, sun-dried tomatoes, **1/2 cup olive oil, 1 tsp oregano, 1/2 tsp honey, 1/4 cup water, salt and pepper.** Blend to pesto consistency.



3. PREPARE FRESH ELEMENTS

Thinly slice capsicum. Set aside with rocket leaves.



4. COOK THE STEAK

Heat a frypan over medium-high heat. Coat steak in **oil, salt and pepper.** Add steaks to pan and cook for 2-4 minutes each side until cooked to your liking. Set aside to rest.



5. TOSS THE POTATOES

Add pesto to saucepan with boiled potatoes. Toss to coat potatoes in pesto. Season to taste with **salt and pepper.**



6. FINISH AND SERVE

Slice steaks (optional). Divide amongst plates and serve with tossed potatoes and fresh elements.

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**

