K2

DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Ricotta

Ricotta means re-cooked - it is made by gently heating the whey left from other cheeses until soft curds form, which is why it is so light and creamy.

Beef Steak Tagliata

with Rocket and Tomatoes

Seared Italian beef steaks on a bed of marinated tomatoes and rocket with spoonfuls of garlic-baked ricotta, finished with a drizzle of butter balsamic glaze.

25 minutes | 2 servings | Beef

Save the recipe!

You can save this recipe for your next dinner party or BBQ! Switch the ricotta for bocconcini or mozzarella. You can use a pre-made balsamic glaze if you have some.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g	21g	13g

FROM YOUR BOX

RICOTTA	250g
GARLIC CLOVE	1
TOMATO	1
CHERRY TOMATOES	200g
SHALLOT	1
PARSLEY	1 packet
BEEF STEAKS	300g
ROCKET LEAVES	60g

FROM YOUR PANTRY

olive oil, salt, pepper, butter, balsamic vinegar, sugar (of choice), fennel seeds, dried oregano

KEY UTENSILS

small oven dish, large frypan

NOTES

You can keep the ricotta fresh if preferred.

If you don't have fennel seeds, use dried Italian herbs or crushed garlic to flavour the steaks.

Use the ricotta to taste. Any leftovers are delicious spread on toast!

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1. BAKE THE RICOTTA

Set oven to 220°C (see notes).

Combine **ricotta** with crushed **garlic clove, 1 tsp oregano, salt and pepper** in a small oven dish. Drizzle with **olive oil** and bake for 15-20 minutes until golden.



2. DRESS THE TOMATOES

Chop **tomato** and halve **cherry tomatoes.** Finely slice **shallot** and chop **parsley.** Toss with **1/2 tsp oregano, 2 tbsp olive oil, salt and pepper**. Set aside.



3. COOK THE STEAKS

Heat a frypan over medium-high heat. Coat **steaks** with **1/2 tsp fennel seeds, olive oil, salt and pepper** (see notes). Cook for 2-4 minutes each side or until cooked to your liking. Set aside to rest and keep pan on heat.



4. MAKE THE GLAZE

Add **1 tbsp butter** to pan. When foaming, add **1 tbsp vinegar** and **1/2 tbsp sugar**. Stir to combine and take off heat.



5. FINISH AND SERVE

Arrange **rocket leaves** on a serving plate. Top with **dressed tomatoes** and spoonfuls of **baked ricotta** (see notes). Slice and add **steaks**. Spoon over **glaze** and serve.

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