



Product Spotlight: Pear

Pears are best eaten with their skin on; it contains an abundance of beneficial nutrients!



Miso Steak

with Togarashi Fries and Pear Salad

This is not your average steak and fries! Crispy potato fries tossed with a custom-blend togarashi spice mix, beef steaks with miso butter using miso sauce from Sayaka's Kitchen, served with a fresh pear and greens salad!



40 minutes



2 servings



Beef

Spice it up!

Add a pinch of dried chilli flakes or finely chopped red chilli to the miso butter. You can also add a crushed garlic clove and finely sliced chives or spring onion green tops if you have some.

Per serve: **PROTEIN** 38g **TOTAL FAT** 28g **CARBOHYDRATES** 30g

FROM YOUR BOX

MEDIUM POTATOES	3
WATERCRESS	100g
PEAR	1
AVOCADO	1
MISO SAUCE	50g
BEEF STEAKS	300g
TOGARASHI SPICE	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, 20g butter, apple cider vinegar

KEY UTENSILS

oven tray, frypan

NOTES

If you have a chip cutter on a food processor, you can use it to cut thinner batons to make fries. You can cut the potatoes into thicker chips or wedges if preferred.

For a dairy-free option, combine miso sauce with 2 tbsp olive oil instead of butter.

Togarashi spice: mixed sesame seeds, lemon pepper, dried chilli flakes.



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1. COOK THE FRIES

Set oven to 220°C. Take **20g butter** out of the fridge to soften.

Cut **potatoes** into thin batons to make fries (see notes). Toss on a lined oven tray with **oil, salt and pepper**. Roast in oven for 20–25 minutes until golden and cooked through.



4. COOK THE STEAKS

Coat **steaks** with **2–3 tsp miso sauce** and **oil** (see notes). Heat a frypan over medium-high heat with **oil**. Cook **steaks** for 2–4 minutes on each side or until cooked to your liking. Set aside to rest.



2. PREPARE THE SALAD

Whisk together **1 tbsp vinegar** and **1 tbsp olive oil** in a large bowl. Trim and add **watercress**, slice **pear** and **avocado**. Toss with **dressing** and set aside.



5. TOSS THE FRIES

Toss **fries** with **togarashi spice** until coated or sprinkle the spice on top of the **fries**.



3. PREPARE THE MISO BUTTER

Add **1 tsp miso sauce** to **butter**. Use a fork to mix continuously until combined (see notes).



6. FINISH AND SERVE

Serve **steaks** with a spoonful of **miso butter** and a side of **fries** and **salad**.

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