



### Product Spotlight: Sweet Corn

Corn is an unusual food, falling into not just one food category but two. While the kernels are classified as a vegetable, if you dry them and make popcorn, they are considered a grain!



## Grilled Steak Subs with Chimichurri

Crusty rolls filled with strips of seared beef steak and fresh mint chimichurri sauce – delicious cooked on the BBQ along with corn on the cob!



25 minutes



4 servings



Beef

## Switch it up!

*Customise these subs with any extra vegetables you may have! BBQ capsicum, sliced avocado or diced cucumber work well. Add a squeeze of lime or a dollop of sour cream if you have some!*

Per serve: **PROTEIN** 43g **TOTAL FAT** 30g **CARBOHYDRATES** 67g

## FROM YOUR BOX

CORN COBS	2
BROWN ONIONS	2
MINT	1 packet
TOMATO	1
GARLIC CLOVE	1
PANINI ROLLS	4-pack
BEEF STEAKS	600g

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, red wine vinegar, chilli flakes (optional), smoked paprika

## KEY UTENSILS

griddle pan or BBQ

## NOTES

We recommend using the flat side of a griddle pan or BBQ so that you can BBQ the onion at the same time as the corn!

**No gluten option** – hotdog rolls are replaced with GF bread rolls.



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### 1. BBQ THE CORN & ONIONS

Heat BBQ or flat side of griddle pan over medium-high heat (see notes). Remove husks and silks from **corn cobs** and slice **onions**. Add to BBQ/pan with **oil** and cook for 10 minutes, turning and stirring occasionally, or until corn is charred and onions soft. Remove to a plate.



### 4. COOK THE STEAKS

Coat **steaks** with **1 tbsp smoked paprika, oil, salt and pepper**. Cook on BBQ/griddle pan for 2-4 minutes each side or until cooked to your liking. Set aside on a chopping board.



### 2. MAKE THE CHIMICHURRI

Meanwhile, finely chop **mint** leaves and **tomato**. Combine with crushed **garlic clove, 1 tbsp red wine vinegar, 1 tbsp olive oil, 1/4 tsp chilli flakes (optional), salt and pepper**. Set aside.



### 5. FINISH AND SERVE

Slice steaks and cut corn into cobs. Assemble rolls with cooked onion, sliced steaks and chimichurri. Serve with corn.



### 3. WARM THE ROLLS

Slice **panini rolls** open and coat with **oil**. Warm on the heated BBQ/griddle pan until lightly charred. Set aside and keep pan over heat.

**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**

