



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Red Onion

Onions are powerful superfoods packed with beneficial nutrients. They feature antiviral, antibacterial as well as antioxidant properties, with red onions providing a slightly higher amount of antioxidants.



4 Beef Steak with Street Corn

Grass-fed beef steak served with Mexican-style street corn and fresh sprouts.

 30 minutes

 2 servings

 Beef

3 December 2021

Bulk it up!

If you're looking to bulk this meal up, try serving it in corn tortillas or taco shells. You could also make a salsa or guacamole to serve alongside the dish.

Per serve: **PROTEIN** 43g **TOTAL FAT** 26g **CARBOHYDRATES** 44g

FROM YOUR BOX

BEEF STEAK	300g
RED ONION	1
CORN COBS	2
LIME	1
RED CAPSICUM	1
SMOKED AIOLI	1 packet (50g)
SNOW PEA SPROUTS	1 punnet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika

KEY UTENSILS

2 frypans

NOTES

Finely sliced coriander leaves, sour cream and chilli powder would make a great addition to your street corn.

No beef option – beef steaks are replaced with chicken breast fillets. Increase cooking time to 8–10 minutes on each side or until cooked through.



1. COOK THE STEAK

Heat a frypan over medium–high heat. Coat steaks with **oil, 2 tsp smoked paprika, salt and pepper**. Cook steak for 4–6 minutes each side or until cooked to your liking. Set aside to rest.



2. COOK THE CORN

Heat a second frypan over medium–high heat with **oil**. Dice onion and remove corn kernels from cobs. Add to pan as you go. Cook, stirring, for 4–6 minutes until corn is slightly charred. Remove to a bowl.



3. MAKE THE STREET CORN

Zest lime and dice capsicum. Add to bowl with corn along with aioli and juice from 1/2 lime. Mix until well combined. Season with **salt and pepper** (see notes).



4. PREPARE FRESH TOPPING

Slice snow pea sprouts and wedge remaining lime.



5. FINISH AND SERVE

Slice steaks. Divide among plates. Serve with street corn and fresh toppings.

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**

