



Product Spotlight: Carrot

Carrots are rich in beta-carotene, an essential nutrient that enables healthy growth in children. Beta-carotene plays a significant role in building immunity and also has anti-ageing properties.



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Steak

with Mint Sauce and Mango

Beef steaks cooked with ground coriander, served with a fresh mango salad and mint yoghurt sauce.



30 minutes



2 servings



Beef

19 November 2021

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g	12g	25g

FROM YOUR BOX

CARROT	1
MANGO	1
LEBANESE CUCUMBER	1
ROCKET LEAVES	1/2 bag (60g) *
MINT	1/2 bunch *
YOGHURT	1/2 tub (100g) *
BEEF STEAKS	300g

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground coriander

KEY UTENSILS

frypan, stick mixer (or small blender)

NOTES

Toss salad in olive oil and vinegar if desired.

If you don't want to use a stick mixer to make the mint sauce, finely slice mint leaves and stir through yoghurt.

No beef option – beef is replaced with chicken breast. Increase cooking time to 10-15 minutes on each side or until cooked through.



1. PREPARE THE SALAD

Ribbon or julienne carrot. Slice mango and cucumber. Toss in a bowl with rocket leaves (see notes).



2. MAKE MINT SAUCE

Roughly chop mint leaves. Use stick mixer to blend (see notes) with yoghurt, **salt and pepper** to a smooth consistency.



3. COOK THE STEAKS

Heat a frypan over medium-high heat. Coat steaks in **oil, 1 tsp coriander, salt and pepper**. Add to pan and cook for 2-4 minutes each side or until cooked to your liking.



4. FINISH AND SERVE

Divide salad among plates with steak and mint sauce.

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**

