



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Basil


Basil helps restore the body's natural pH levels and feeds healthy bacteria within the gut microflora. A healthy gut promotes good digestion and boosts immunity.



## 4 Seared Beef With Charred Caprese Salad

This beef & Caprese inspired salad uses sorghum, a nutritious whole grain with a lovely nutty flavour, tossed with creamy bocconcini, sweet basil leaves and charred tomatoes. Finished with a buttery balsamic dressing.

 35 minutes

 2 servings

 Beef

22 February 2021

## Spice it up!

*You can add some crushed garlic to the steaks as they cook if you have some. Any toasted nuts or seeds you may have are also great sprinkled over top!*

Per serve: **PROTEIN** 62g **TOTAL FAT** 40g **CARBOHYDRATES** 52g

## FROM YOUR BOX

SORGHUM	100g
RED ONION	1/2 *
CHERRY TOMATOES	1 bag (200g)
BEEF STEAKS	300g
BALSAMIC GLAZE	1 sachet
BOCCONCINI	1 tub
BASIL	1 packet (20g)
SNOW PEAS	1/2 bag (125g) *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt and pepper, dried thyme

## KEY UTENSILS

large frypan, saucepan

## NOTES

Place a lid over the saucepan to quickly bring it to boil. Simmer with lid half on to speed up the cooking time.

**No beef option – beef steaks are replaced with chicken schnitzels.** Increase cooking time to 4–5 minutes on each side or until cooked through.



### 1. COOK THE SORGHUM

Place sorghum in a saucepan and cover with plenty of water. Bring to the boil and simmer for 20–25 minutes (see notes). Drain and rinse under cold water. Set aside.



### 2. CHAR THE VEGETABLES

Heat a frypan pan over high heat. Slice onion. Toss with cherry tomatoes and **1/2 tbsp olive oil, salt and pepper**. Add to frypan and cook for 4–6 minutes until they start to blister. Remove from pan.



### 3. COOK THE STEAKS

Coat steaks with **1/2 tsp dried thyme, oil, salt and pepper**. Reheat pan over high heat. Cook for 2–4 minutes each side or until cooked to your liking. Set aside to rest.



### 4. MAKE THE DRESSING

Reduce frypan to low heat. Add **1/2 tbsp butter** and **1/2 tbsp olive oil** along with balsamic glaze. Stir until combined and slightly foaming. Take off heat.



### 5. TOSS THE SALAD

Drain the bocconcini (use to taste). Pick basil leaves. Trim and halve snow peas. Toss together with cooked sorghum, charred vegetables and balsamic dressing. Season with **salt and pepper**.



### 6. FINISH AND PLATE

Slice steaks and divide among plates with salad.

**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**

