



### Product Spotlight: Potatoes


One medium potato contains 45% of your daily value of vitamin C which can assist in stabilising free radicals thus helping prevent cell damage.




## 4 Skillet Steak

### with Corn & Potato Salad

Herby grilled steak alongside a baby potato and corn salad with spring onions and feta cheese. Perfect for a summer BBQ dinner.

 30 minutes

 2 servings

 Beef

15 February 2021

## Spice it up!

*If you want a more exciting dish you can blend the feta cheese with some fresh herbs to make a creamy dressing!*

Per serve: **PROTEIN** 49g **TOTAL FAT** 35g **CARBOHYDRATES** 45g

## FROM YOUR BOX

BABY POTATOES	400g
CORN COB	1
SPRING ONIONS	2 *
RED CAPSICUM	1/2 *
SPROUTS	1/2 punnet *
BEEF STEAK	300g
FETA CHEESE	1/2 block *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dried Italian herbs, red wine vinegar

## KEY UTENSILS

large frypan or griddle pan, saucepan

## NOTES

Bring the steak out to room temperature, if possible, for a more even cook time.

Cook the steak on the BBQ if preferred.

Cook time of the steak will depend on the thickness of the cut.

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



### 1. COOK THE POTATOES

Halve potatoes, place in a saucepan and cover with water. Bring to the boil and simmer for 10–12 minutes, or until tender. Drain and rinse.



### 2. PREPARE THE SALAD

Remove corn from cob into a large salad bowl. Slice spring onions and dice capsicum. Add to bowl along with sprouts. Set aside.



### 3. COOK THE STEAK

Coat steak with **1/2 tsp dried Italian herbs, oil, salt and pepper**. Heat a frypan or griddle pan over high heat. Cook steak for 4–6 minutes each side or to your liking. Set aside to rest.



### 4. PREPARE THE DRESSING

Whisk together **1 tsp dried Italian herbs, 1/2 tbsp vinegar** and **1 tbsp olive oil**. Season with **salt and pepper**.



### 5. FINISH AND PLATE

Toss cooked potatoes through salad with dressing. Slice steak and divide among plates with salad. Crumble over feta cheese.

**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**

