



Product Spotlight: Cashew Nuts

Cashew nuts contain more iron than any other nut. They contain healthy, heart-friendly monounsaturated fats, which can help increase the good cholesterol in the blood.



4 Steak with Romesco Sauce

Grass-fed beef steaks with capsicum and cashew nut romesco sauce and fresh salad.

 30 mins

 2 servings

 Beef

25 June 2021

Use it up!

This romesco sauce is really versatile. It is delicious on roast vegetables, use as a dip with crackers, or toss through cooked pasta.

Per serve: **PROTEIN** 44g **TOTAL FAT** 47g **CARBOHYDRATES** 21g

FROM YOUR BOX

CASHEW+NUTRITIONAL YEAST	1 packet (55g)
CHARGRILLED CAPSICUM DIP	75g
KALE	1/2 bunch *
BEEF STEAKS	300g
BABY LEAVES+BEET	1 bag (180g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, white wine vinegar, lemon pepper

KEY UTENSILS

large frypan, stick mixer (or small blender), oven tray, kettle

NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.

No beef option - beef steaks are replaced with skin-on chicken breast. Increase cooking time to 8-12 minutes on each side or until cooked through.



1. MAKE ROMESCO SAUCE

Boil the kettle and set oven to 220°C.

Add cashew and nutritional yeast to a jug, pour over **1/4 cup hot water, 4 tbsp olive oil, 1 tsp vinegar, salt, pepper** and capsicum dip. Using a stick mixer, blend to a smooth consistency.



2. ROAST THE KALE

Remove the kale leaves from the stalks. Toss on a lined oven tray with **oil, salt and pepper**. Arrange so that the kale is in a single layer on the tray. Roast for 8-12 minutes, until kale is a dark green, crispy but not burnt.



3. COOK THE STEAKS

Heat a frypan over high heat. Coat the steaks in **oil, 1/2 tsp lemon pepper and salt**. Add to pan and cook for 3-4 minutes each side or until cooked to your liking. Set aside to rest.



4. MAKE SALAD DRESSING

In a large bowl whisk together **1 tbsp vinegar, 2 tbsp olive oil, salt and pepper**.



5. TOSS THE SALAD

Add the baby leaves and beet mix to the bowl with the dressing, along with the crispy kale. Toss to coat well.



6. FINISH AND PLATE

Spoon a generous amount of romesco sauce on the plate, top with steak and serve 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**

