



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Dukkah

Dukkah originated in Egypt and is a condiment consisting of a mixture of herbs, nuts, and spices.

2 Dukkah Steaks with Roast Vegetable Medley

A roast veggie medley tossed with parsley and baby spinach, served with beef steaks, dip sauce and a sprinkle of dukkah.

 25 minutes

 2 servings



 Beef

30 April 2021

Wrap it up!

*Slice the steaks and
serve it all in wraps!*

FROM YOUR BOX

SWEET POTATO	1
RED CAPSICUM	1
ZUCCHINI	1
SHALLOT	1
BEEF STEAKS 	300g
PARSLEY	1/2 bunch *
BABY SPINACH	1 bag (60g)
DUKKAH	1 packet
CAPSICUM DIP	1 tub
 FALAFEL BITES	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper


KEY UTENSILS

oven tray, frypan

NOTES

Rub beef steaks with 1/2 tsp ground coriander or cumin for added flavour!

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

 **VEG OPTION – Ingredients are replaced with vegetarian alternatives – follow the cooking instructions as directed.**

** we originally cooked this dish with cauliflower but as it is unavailable we had to substitute with other ingredients*




1. ROAST THE VEGETABLES

Set oven to 250°C. Roughly chop sweet potato, capsicum and zucchini, wedge shallot. Toss on a lined oven tray with **oil, salt and pepper**. Roast in the oven for 20 minutes or until tender.



2. COOK THE STEAKS

Heat a frypan over medium–high heat. Rub steaks with **oil, salt and pepper** (see notes). Cook for 2–4 minutes on each side or until cooked to your liking.

 **VEG OPTION – On a separate oven tray, place falafel bites and cook in the oven underneath the veggies for 10 minutes or until warm.**




3. TOSS THROUGH SPINACH

Chop parsley and toss through the roast vegetables along with baby spinach and half of the dukkah (or serve separately).



4. FINISH AND SERVE

Serve steaks with roasted vegetable medley, dip and remaining dukkah sprinkled on top.

 **VEG OPTION – Serve falafel bites with roasted vegetable medley, dip and remaining dukkah sprinkled on top.**

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

