

SEE
NOTES FOR
VEGETARIAN
INSTRUCTIONS



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Leek


You can re-grow a leek! Slice, leaving about 1cm of the white end, with roots attached. Stand the bulb, root-end down, in a small jar with water, change water at least once a week and watch them grow!



3 Beef Steaks with Crushed Potatoes

Beef steaks served alongside crushed potatoes with sautéed leek and fresh oregano, garden salad and mustard dressing.





 20 minutes

 2 servings

 Beef

9 April 2021

FROM YOUR BOX

BABY POTATOES	400g
LEEK	1/2 *
OREGANO	1 packet
BABY COS LETTUCE	1
TOMATO	1
LEBANESE CUCUMBER	1
PARSLEY	1/2 packet *
BEEF STEAKS 	300g
 BUTTERNUT PUMPKIN	1
 ALMONDS	1 packet
 LABANNEH CHEESE	1 tub

*Ingredient also used in another recipe

FROM YOUR PANTRY

olive oil + oil/butter for cooking, salt, pepper, vinegar (red or white wine), seeded mustard


KEY UTENSILS

saucepan, large frypan, kettle (optional)

NOTES

Roast the potatoes and leek if you prefer!


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.**



1. BOIL THE POTATOES

Boil the kettle. Quarter potatoes and place in a saucepan, cover with hot water from the kettle. Boil for 10 minutes or until soft.

 **VEG OPTION – Set oven to 220°C. Chop pumpkin and leek into chunks, quarter potatoes. Toss on a lined oven tray with oil, half of the oregano, salt and pepper. Roast for 25 minutes until soft.**



4. COOK THE STEAKS

Reheat the frypan over medium–high heat. Rub steaks with **oil, salt and pepper** and cook for 2–3 minutes on each side or until cooked to your liking.

 **VEG OPTION – Skip this step.**



2. SAUTÉ THE LEEK

Heat a frypan with **butter/oil** over medium heat. Slice and add leek, cook for 6–7 minutes or until soft. Season with **salt and pepper**, add half of the fresh oregano leaves. Remove to a bowl.

 **VEG OPTION – Skip this step.**



5. DRAIN THE POTATOES

Drain potatoes and return to saucepan, add leek mixture. Crush/mash potatoes and leek with some **butter or milk** to desired consistency, season to taste with **salt and pepper**.

 **VEG OPTION – Skip this step.**



3. PREPARE SALAD & DRESSING


Meanwhile, chop lettuce, tomato and cucumber. Toss in a serving bowl.

Combine **2 tbsp olive oil, 1 tbsp vinegar** and **1 tbsp seeded mustard** in a bowl. Chop and add parsley and remaining oregano.



6. FINISH AND SERVE

Serve steaks with garden salad and crushed potatoes, drizzle with dressing to taste.

 **VEG OPTION – Serve oven roasted veggies with salad and dressing. Scatter over more parsley taste, chopped almonds and dollop with labanneh.**

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