



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Beetroot


Healthy and delicious beets are dense with nutrients such as potassium, magnesium, folate and vitamin C. They are great for the health of our eyes!




3 Beef Steaks

with Roasted Vegetables & Feta

A colourful roast veggie salad with tomatoes, beetroot, almonds and feta cheese from Naked Food Co, alongside lightly spiced beef steaks.

 25 minutes

 2 servings



 Beef

11 June 2021

Spice it up!

Add some fresh mint, basil or chilli to the salad if desired! If you like a little sweetness in your dressing you can add some maple syrup.

FROM YOUR BOX

SWEET POTATO	300g
COOKED BEETROOT	1 packet (200g)
CHERRY TOMATOES	1/2 packet (100g) *
ROCKET & SPINACH MIX	1/2 bag (60g) *
ALFALFA SPROUTS	1/2 punnet *
MARINATED FETA	1 tub
BEEF STEAKS 	300g
ALMONDS	1 packet (40g)
 VEGGIE FRITTERS	1 packet

*Ingredient also used in another recipe

FROM YOUR PANTRY


oil for cooking, olive oil, salt, pepper, dried rosemary, ground cumin (or coriander), balsamic vinegar

KEY UTENSILS

oven tray, frypan

NOTES

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. ROAST THE VEGETABLES

Set oven to 220°C. Dice sweet potato, beetroots and halve cherry tomatoes. Arrange on a lined oven tray. Drizzle with oil and season with **1/2 tsp rosemary, salt and pepper**. Roast for 15–20 minutes or until cooked through.



4. COOK THE STEAKS


Heat a frypan over medium–high heat. Toss steaks with **1/2 tsp ground cumin, oil, salt and pepper**. Cook in pan for 2–3 minutes on each side or until cooked to your liking.

 **VEG OPTION** – Skip this step.



2. PREPARE THE SALAD


Arrange spinach & rocket leaves with alfalfa sprouts and drained feta cheese.

 **VEG OPTION** – Prepare salad as above. Place veggie fritters on a separate tray and cook for 15 minutes until warmed.



5. FINISH AND PLATE

Arrange lettuce, roast vegetables, sprouts and feta on a large serving plate. Drizzle over balsamic dressing and serve with the beef steaks. Chop almonds and scatter on top.

 **VEG OPTION** – Arrange lettuce, roast vegetables, sprouts and feta on a large serving plate. Drizzle over balsamic dressing and serve with the fritters.



3. MAKE THE DRESSING

Whisk together **1 tbsp balsamic vinegar** with **2 tbsp olive oil**. Season with **salt and pepper**.

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**

