



Minute Beef Steaks with Cabbage, Fennel and Apple

 30-40min  2 Portions

All the ingredients of a fresh slaw are here, but this time in an autumn version. A sweet and sour dressing of plump raisins and vinegar are added to braised cabbage, fennel and apple and toasty walnuts are scattered at the end to keep their crunch. It's a perfect accompaniment to flash-fried minute steaks for an easy dinner that's healthy to boot.

What we send

- 15
- 40g raisins

What you'll require

- Australian honey
- olive oil
- red wine vinegar ¹⁷
- sea salt and pepper
- water

Utensils

- medium frypan
- medium frypan with lid

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

It's important to have your pan very hot before adding the beef, otherwise it may stew slightly and become tough.

Allergens

Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 599kcal, Fat 30.7g, Carbs 32.6g, Proteins 43.3g



1. Prepare ingredients

Combine **2 tbs red wine vinegar, 1 tbs honey, 2 tbs water** and **¼ tsp salt and pepper** in a bowl. Add **half the raisins** (the remaining raisins won't be used in this dish) to the bowl and stand for 5 mins or until slightly softened. Trim the **fennel** and **cabbage** and thinly slice. Crush or finely chop the **garlic**.



4. Add apple

Meanwhile, quarter the **apple**, then remove the core. Finely chop half the apple (the remaining apple won't be used in this dish). Reserve a **quarter** of the apple to serve. Add the **remaining apple** to the **cabbage** and cook for a further 5 mins. Taste and season with **salt and pepper**.



2. Start cooking

Heat **1 tbs olive oil** in a medium frypan over medium heat. Cook the **garlic**, stirring, for 30 secs or until fragrant.



5. Toast walnuts

While the **cabbage** is cooking, put the **walnuts** in a cold medium frypan over medium heat. Toast, tossing, for 2-3 mins until golden. Remove from the pan and allow to cool slightly, then coarsely chop.



3. Cook cabbage

Stir in the **fennel, cabbage, vinegar mixture** and **raisins** and bring to the boil. Cook, covered, over low heat for 20 mins or until the cabbage is tender.



6. Cook steaks

Heat the pan over high heat until hot (see cooking tip). Drizzle the **steaks** with **2 tsp olive oil** and season with **salt and pepper**. Cook **steaks** for 30 secs-1 min each side until cooked to your liking. Transfer to a plate and rest for 2 mins. Divide **cabbage mixture, steaks** and any resting juices among plates. Scatter with **reserved apple** and **walnuts** to serve.