



## Minute Beef Steaks with Cabbage, Fennel and Apple

 30-40min  4 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 <sup>17</sup>
- sea salt and pepper
- water

## Utensils

- large frypan
- large 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 30.9g, Carbs 32.6g, Proteins 43.3g



### 1. Prepare ingredients

Combine **80ml (1/3 cup) red wine vinegar**, **2 tbs honey**, **80ml (1/3 cup) water** and **1/2 tsp salt and pepper** in a bowl. Add the **raisins** 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 the apple. 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 **2 tbs olive oil** in a large 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 large 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 **1 tbs 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.