

# DINNERLY



🔍 ONE PAN

⚡ FAST

🍏 HEALTHY

## Spiced Beef Salad

with Green Capsicum and Sunflower Seeds



20-30 minutes



2 Servings

Can salad satisfy? Woah yeah, beef up this bowl of goodness with warm coriander and honey coated steak strips and golden sweet potato for the full meal deal.

## WHAT WE SEND

### WHAT YOU NEED

- balsamic vinegar <sup>17</sup>
- Australian honey
- olive oil

### TOOLS

- large frypan
- sieve

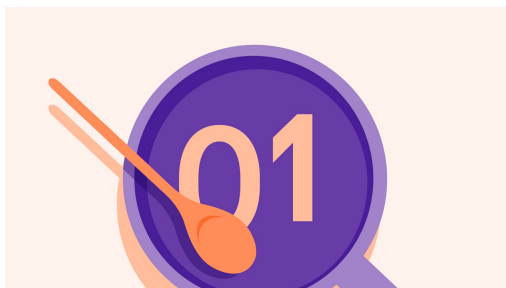
Our veggies come straight from the farm, so please wash them before cooking.

### ALLERGENS

Sulphites (17). May contain traces of other allergens.

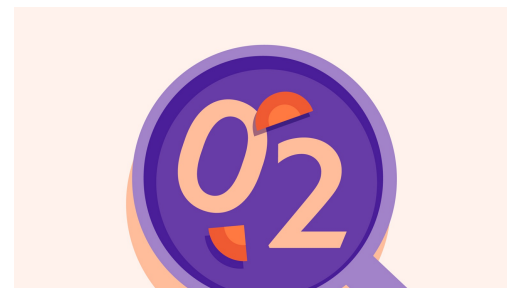
### NUTRITION PER SERVING

Energy 485kcal, Fat 22.5g, Carbs 21.4g, Proteins 46.8g



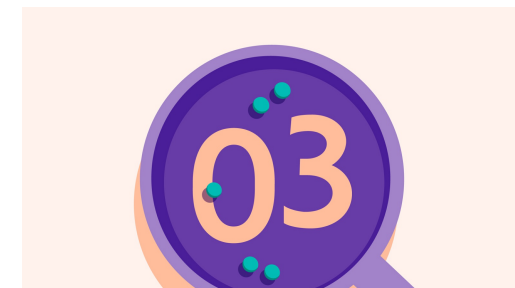
#### 1. Prep salad veggies

Place a sieve over a large bowl. Cut the **tomato** in half and carefully scoop the seeds into the sieve so the juices are caught in the bowl. Discard the seeds. Cut the tomato flesh and **half the cucumber** into 1cm chunks. Cut **half the capsicum** into 1cm chunks, discarding the seeds and membrane (the remaining cucumber and capsicum won't be used in this dish).



#### 2. Make marinade

Put **2 tsp olive oil**, **1 tsp ground coriander** (the remaining coriander won't be used in this dish) and **½ tsp honey** in a bowl, season with **salt and pepper** and stir to combine. Add the **beef** and stir to coat.



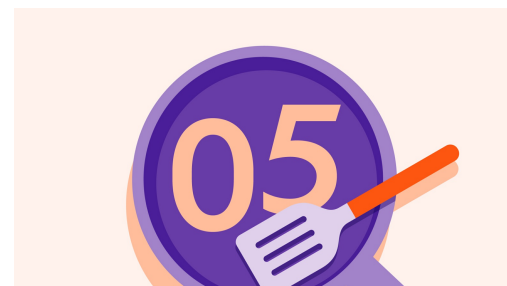
#### 3. Make dressing

Crush **1 garlic clove**. Add the garlic, **2 tsp olive oil**, **2 tsp balsamic vinegar** and **½ tsp honey** to the **reserved tomato juice**, season with **salt and pepper** and stir to combine. Put the **sunflower seeds** in a cold large frypan over medium heat. Toast, tossing, for 2-3 mins until evenly golden. Remove from the pan.



#### 4. Cook beef

Peel and thinly slice the **sweet potato** lengthwise (see Make it yours). Heat **2 tsp olive oil** in the pan over high heat. Cook the **sweet potato slices** for 1-2 mins each side until golden and tender. Remove from the pan. Return the pan to a high heat until hot. Cook the **beef**, stirring, for 2-3 mins until browned. Remove from the pan.



#### 5. Serve up

Add the **tomato**, **cucumber** and **capsicum** to the **dressing** and stir to combine. Divide the **salad** and **sweet potato** between bowls and top with the **beef**. Scatter over the **sunflower seeds** and enjoy!



#### 6. Make it yours

Use a mandoline or V-slicer to cut the sweet potato, if you have one. Up the freshness and flavour of the salad with fresh herbs. Coriander, parsley, basil, mint or chives would all work well.