



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED





### Product Spotlight: Brussels sprouts

The vegetable many people love to hate! Brussels sprouts are packed with nutrients with 1 cup giving you the daily requirement for both vitamin C and K.

## 3 Beef & Gravy with Roasted Veggies

Thyme roasted parsnips, baby potatoes and brussels sprouts served with beef steaks and gravy. Scattered with baby capers.

 20 minutes

 4 servings

 Beef

13 July 2020

## FROM YOUR BOX

PARSNIPS	2
BABY POTATOES	600g
BRUSSELS SPROUTS	1 packet (250g)
THYME	1/2 packet *
BEEF RUMP STEAKS	600g
SHALLOT	1
BABY CAPERS	1/2 jar *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil/butter for cooking, salt, pepper, cornflour, 1 stock cube of choice

## KEY UTENSILS

oven tray, large frypan

## NOTES

If you prefer, use the potatoes and parsnips to make a mash instead. Quarter and pan-fry the brussels sprouts and serve with the steaks and gravy.

If you're not a fan of roasted brussels sprouts you can thinly shred them and dress with oil and vinegar instead.

**No beef option - beef rump steaks are replaced with chicken schnitzels.** Increase cooking time as needed to ensure chicken is cooked through.



### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Chop parsnips, quarter potatoes and brussels sprouts. Toss with thyme sprigs from 1/4 packet, **oil and salt**. Roast for 20 minutes in the upper part of the oven, or until golden and tender.



### 4. MAKE THE GRAVY

Mix **1 tbsp cornflour** with **1 1/2 cup water**. Crumble in **1 stock cube** and simmer for 3-4 minutes. Adjust seasoning with **pepper** to taste.



### 2. COOK THE STEAKS

Heat a large frypan over medium-high heat.

Rub beef steaks with **oil, salt and pepper**. Cook for 3 minutes on each side or until cooked to your liking. Set aside to rest, keep pan over medium heat.



### 3. SAUTÉ THE SHALLOT

Slice shallot and pick (or chop) thyme leaves from 1/4 packet. Add to pan with **2 tbsp butter (or oil)**. Cook for 2-3 minutes or until softened.



### 5. FINISH AND SERVE

Serve roasted veggies with steaks and gravy. Scatter over baby capers to taste.

**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**

