



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Parsnips


Parsnips are a great source of soluble fibre which is important for our digestive process, creating healthy movement of food through the digestive tract. This helps to reduce constipation and other gastrointestinal disorders.



4 Beef Steaks with Mushroom Sauce & Parsnip Chips

Seared beef rump steaks with a creamy tarragon mushroom sauce, a side of golden parsnip chips and crisp gourmet leaves.

 30 minutes

 4 servings

 Beef

10 August 2020

Mix it up!

You can transform this dish into a mushroom stroganoff instead. Slice the steak after cooking and stir through the sauce at the end. Use the parsnips to make a creamy mash instead of chips!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g	12g	23g

FROM YOUR BOX

PARSNIPS	3
POTATOES	2
CONTINENTAL CUCUMBER	1/2 *
MIXED SALAD MIX	1 bag (400g)
BEEF RUMP STEAKS	600g
SHALLOT	1
MUSHROOMS	200g
NATURAL YOGHURT	3/4 cup *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt and pepper, dried tarragon, balsamic vinegar

KEY UTENSILS

oven tray, frypan

NOTES

It's important to take the pan off heat before adding the yoghurt, this will prevent the yoghurt from splitting.

No beef option - beef rump steaks are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side or until cooked through.



1. ROAST THE PARSNIP CHIPS

Set oven to 220°C.

Cut parsnips and potatoes into chips. Toss on a lined oven tray with **oil, salt and pepper**. Roast in oven for 25 minutes, or until golden.



2. PREPARE THE SALAD

Slice cucumber and toss with salad leaves. Whisk together **1/2 tbsp vinegar** and **1 tbsp olive oil**. Season with **salt and pepper**. Set aside.



3. COOK THE STEAKS

Coat steaks with **oil, salt and pepper**. Heat a frypan over high heat. Cook steaks for 3-4 minutes on each side or to your liking. Set aside on a plate to rest, reduce heat to medium-low.



4. MAKE THE SAUCE

Add **1 tbsp butter** to pan. Slice shallot and mushrooms. Add to pan as you go along with **1 tsp tarragon**. Cook for 5 minutes until softened. Remove from heat, stir through yoghurt and steak resting juices (see notes). Season with **salt and pepper**.



5. FINISH AND PLATE

Toss dressing through salad. Divide among plates with parsnip chips and steak. Spoon over mushroom sauce.

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**

