



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

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

 30 minutes

 2 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** 44g **TOTAL FAT** 27g **CARBOHYDRATES** 18g

FROM YOUR BOX

PARSNIPS	3
BEEF RUMP STEAKS	300g
BROWN ONION	1/2 *
MUSHROOMS	200g
NATURAL YOGHURT	3/4 cup *
MIXED SALAD MIX	1 bag (400g)

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



4. MAKE THE SAUCE

Add **1/2 tbsp butter** to pan. Slice onion 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**.



2. MAKE THE DRESSING

Whisk together **1/2 tbsp vinegar** and **1 tbsp olive oil**. Season with **salt and pepper**. Set aside.



5. FINISH AND PLATE

Toss dressing through mixed leaves. Divide among plates with parsnip chips and steaks. Spoon over mushroom sauce.



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.

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**

