




### 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](mailto:hello@dinnertwist.com.au)

