



Product Spotlight: Parsnip

Parsnip is a type of root vegetable that belongs to the carrot family. They are high in fibre, folate, vitamin C and E.



4 Beef Steaks with Onion Gravy & Parsnip Mash

Tender beef steaks on a bed of creamy parsnip mash, finished with a balsamic onion gravy and served with a side of herby greens.

 30 minutes  2 servings  Beef

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Spice it up!

You can add some toasted nuts, crushed garlic or lemon zest to the sautéed greens if you want to add a little more excitement to your cooking!

Per serve: **PROTEIN** 52g **TOTAL FAT** 50g **CARBOHYDRATES** 37g

FROM YOUR BOX

POTATOES	300g
PARSNIPS	3
GOATS CHEESE	1/2 packet *
BROWN ONION	1
BEEF RUMP STEAKS	300g
ZUCCHINI	1/2 *
BROCCOLINI	1 bunch

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt and pepper, cornflour, balsamic vinegar, 1/2 stock cube (of choice), dried oregano

KEY UTENSILS

saucepan, 2 frypans

NOTES

The vegetable peels are taken off for a smoother mash, however you can leave them on if you don't mind a bit of texture!

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. COOK THE MASH

Peel and dice potatoes and parsnips (see notes). Add to a saucepan and cover with water. Bring to the boil and cook for 10-15 minutes until tender. Drain and mash with **1 tbsp butter** (optional) and crumbled goats cheese until smooth. Season with **salt and pepper** to taste.



4. FINISH ONION GRAVY

Whisk together **1/2 crumbled stock cube**, **1 tbsp cornflour**, **1 tbsp balsamic vinegar** and **1 cup water** in a jug. Pour into onions and simmer for 5 minutes until thickened. Stir through resting juices from steak and season with **salt and pepper**. Set aside.



2. COOK ONION GRAVY

Meanwhile, heat a frypan over medium heat with **2 tbsp oil** and **1 tbsp butter**. Slice and add onion to cook for 10 minutes until caramelised (see step 4).



5. SAUTÉ THE GREENS

Slice zucchini and broccolini. Wipe out frypan (used for steak) and reheat over medium heat. Add greens along with **1/2 tsp oregano** and **olive oil**. Cook for 5 minutes until tender. Season with **salt and pepper**.



3. COOK THE STEAKS

Coat steaks with **oil, salt and pepper**. Cook in a second frypan over medium-high heat for 3-4 minutes each side or until cooked to your liking. Remove from pan to rest.



6. FINISH AND PLATE

Halve and divide steaks among plates with mash and sautéed greens. Serve with onion gravy.

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