



### Product Spotlight: Mushrooms


Mushrooms have a delicate and mild flavour; they are delicious in pasta, pizza and sauces (stems and all)!




## Beef Steaks

### with Tarragon Mushrooms & Crisp Potatoes

Golden cubes of rosemary roast potatoes served alongside tender beef steaks with a tarragon mushroom gravy and a side of greens.

 30 minutes

 2 servings

 Beef

28 April 2023

## Make a green mash!

*You can make this dish more child friendly by mashing the potatoes and broccoli. Boil them until soft, then mash them with some butter and milk until smooth.*

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
|            | 48g     | 18g       | 54g           |

## FROM YOUR BOX

|                  |      |
|------------------|------|
| MEDIUM POTATOES  | 3    |
| ROSEMARY STALK   | 1    |
| BROCCOLI         | 1    |
| BEEF STEAKS      | 300g |
| SHALLOT          | 1    |
| BUTTON MUSHROOMS | 150g |

## FROM YOUR PANTRY

oil for cooking, butter, salt, pepper, plain flour (or flour of choice), soy sauce, dried tarragon

## KEY UTENSILS

large frypan, oven tray, saucepan

## NOTES

The oven is set to 250°C to achieve extra crispy potatoes quickly. If yours doesn't reach 250°C, cook the potatoes at 220°C until they are golden and crisp.

You can roast the broccoli if preferred.



### 1. ROAST THE POTATOES

Set oven to 250°C (see notes).

Dice the potatoes and chop rosemary leaves. Toss on a lined oven tray with **oil, salt and pepper**. Roast in oven for 20–25 minutes or until golden and crisp.



### 2. COOK THE BROCCOLI

Bring a saucepan of water to a boil (see notes). Cut broccoli into small florets and add to boiling water. Cook for 5 minutes until tender. Drain and return to pan with **1/2 tbsp butter**.



### 3. COOK THE STEAKS

Meanwhile, heat a frypan over medium-high heat. Coat steaks with **oil, salt and pepper**. Cook for 2–4 minutes each side or until cooked to your liking. Remove to a plate and keep pan on heat.



### 4. COOK THE MUSHROOMS

Add **1/2 tbsp oil** and **1/2 tbsp butter** to pan. Slice shallot and mushrooms, add to pan as you go. Stir in **1/2 tsp tarragon** and **2 tsp soy sauce**. Cook for 3–4 minutes until softened.



### 5. SIMMER THE SAUCE

Stir **1/2 tbsp flour** through mushrooms until combined. Gradually stir in **1/2 cup water** and simmer for 2–3 minutes until thickened. Take off heat. Return steaks along with any resting juices. Season with **salt and pepper** to taste.



### 6. FINISH AND SERVE

Serve steaks and tarragon mushrooms with roast potatoes and broccoli.



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