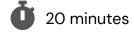




# Cowboy Beef Stew with Pull Apart Loaf

A comforting beef stew using a delicious BBQ blend from GH Produce alongside a crusty garlic and herb butter pull apart loaf.





2 servings



# Add to the pull apart!

Grated cheese, cream cheese, caramelised onion, crushed garlic, or chopped fresh herbs can be added to the pull apart loaf before toasting!

### FROM YOUR BOX

BROWN ONION	1
BEEF MINCE	300g
BBQ SPICE MIX	1 sachet
MEDIUM POTATO	1
GREEN CAPSICUM	1
CORN COB	1
CHOPPED TOMATOES	400g
SOURDOUGH BUTTON	1

#### FROM YOUR PANTRY

oil for cooking, butter, dried oregano, plain flour (or flour of choice)

#### **KEY UTENSILS**

large frypan with lid

#### **NOTES**

We used plain flour for the stew.

To quickly soften butter, use a box grater. You can use any chopped fresh herbs you like and add crushed garlic if you have some.

No gluten option - sourdough button is replaced with gluten-free bread.



# 1. SAUTÉ THE BEEF AND ONION

Set oven to 220°C. Soften 25g butter.

Heat a frypan over medium-high heat with oil. Slice and add onion along with beef mince and BBQ spice mix. Cook for 5 minutes, breaking up mince as you go.



# 2. ADD THE VEGETABLES

Dice potato (2-3cm) and capsicum, and remove corn from cob, add to pan as you go.



# 3. SIMMER THE STEW

Stir in 1/2 tbsp flour, chopped tomatoes and 1 cup water. Cover and simmer for 15 minutes until potatoes are tender.



# 4. PREPARE HERB BUTTER

Combine softened butter and 1/2-1 tsp oregano (see notes).



# 5. MAKE THE PULL APART LOAF

Make diagonal cuts across sourdough loaf (use to taste), without cutting all the way through, creating a criss cross pattern. Spread herb butter over top, filling in the cuts. Bake for 5-7 minutes until toasty.



# 6. FINISH AND SERVE

Serve cowboy stew at the table with pull apart loaf.



