



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



4 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
	46g	16g	45g

FROM YOUR BOX

MEDIUM POTATOES	800g
ROSEMARY STALK	1
BROCCOLI	1
BEEF STEAKS	600g
BROWN ONION	1
BUTTON MUSHROOMS	300g

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



5. SIMMER THE SAUCE

Stir **1 tbsp flour** through mushrooms until combined. Gradually stir in **1 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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