



Product Spotlight: Mushrooms

Mushrooms have a delicate, mild flavour and hold their shape well in pasta, on pizza and in sauces (stems and all)!



Beef Steaks with Mushroom Gravy

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



30 minutes



2 servings



Beef

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
	41g	24g	65g

FROM YOUR BOX

MEDIUM POTATOES	3
ROSEMARY SPRIG	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.

Substitute dried tarragon with dried rosemary, thyme or oregano.



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1. ROAST THE POTATOES

Set oven to 250°C (see notes).

Dice **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** (see notes) 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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