

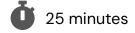




## **Cowboy Beef Stew**

## 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, flour (of choice, see notes)

### **KEY UTENSILS**

large frypan with lid

#### **NOTES**

We used plain flour for the stew. You can substitute butter with olive oil for a dairy-free alternative.

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 50g butter.

Slice onion. Heat a frypan over mediumhigh heat with **oil**. Add onion, beef mince and BBQ spice mix to pan. Cook for 5 minutes, breaking up mince as you go.



## 2. ADD THE VEGETABLES

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



## 3. SIMMER THE STEW

Im, Stir in 1/2 tbsp flour, chopped tomatoesIto and 1 cup water. Cover and simmer for15 minutes until potatoes are tender.



## 4. PREPARE THE HERB BUTTER

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



## **5. MAKE 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.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au



