




### Product Spotlight: Ozzie BBQ Rub


This delicious spice blend is made locally by GH Produce. It has lovely smokey flavours and features native ingredients such as Tasmanian pepper berry, saltbush and desert lime.



## 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.

 25 minutes

 2 servings

 Beef

## 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!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	51g	37g	154g

## 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 medium-high 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

Stir in **1/2 tbsp flour**, chopped tomatoes and **1 cup water**. Cover and simmer for 15 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.



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