



Product Spotlight: Mushrooms

Mushrooms have a delicate and mild flavour; they are delicious in pasta, pizza and sauces (stems and all)!



Beef Steaks with Mushroom Gravy

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



30 minutes



4 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
	45g	15g	64g

FROM YOUR BOX

MEDIUM POTATOES	800g
ROSEMARY SPRIG	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.

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 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.



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** (see notes) and **1 tbsp soy sauce**. Cook for 3–4 minutes until softened.



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**.



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.



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.



6. FINISH AND SERVE

Serve **steaks** and **tarragon mushrooms** with **roast potatoes** and **broccoli**.

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