



**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 & 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

Per serve:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	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.

Substitute dried tarragon with dried rosemary, thyme or oregano.



### 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** (see notes) 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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