

**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



4 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
	29g	27g	53g

FROM YOUR BOX

BROWN ONION	1
BEEF MINCE	600g
BBQ SPICE MIX	1 sachet
MEDIUM POTATOES	2
GREEN CAPSICUM	1
CORN COBS	2
CHOPPED TOMATOES	400g
SOURDOUGH BUTTON LOAF	1

FROM YOUR PANTRY

oil for cooking, 50g butter, dried oregano, plain flour (of choice, see notes)

KEY UTENSILS

large frypan with lid

NOTES

We used plain flour for the stew.

To quickly soften butter, grate it using a box grater. You can also mix in any chopped fresh herbs you like, and add crushed garlic for extra flavour if you have some on hand. For a dairy-free alternative, substitute the butter with olive oil.

No gluten option – sourdough button loaf is replaced with gluten-free bread loaf.



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1. SAUTÉ THE BEEF AND ONION

Set oven to 220°C. Soften **50g butter**.

Heat a frypan over medium-high heat with **oil**. Add **beef mince** to cook. Slice **onion**, then add it to the pan with the **BBQ spice mix**. Cook for 5 minutes, breaking up the mince as it browns.



2. ADD THE VEGETABLES

Dice **potato** (2–3cm) and **capsicum**. Remove **corn kernels** from cobs, add to pan as you go.



3. SIMMER THE STEW

Stir in **1 tbsp flour**, **chopped tomatoes** and **2 cups water**. Cover and simmer for 15 minutes or until potatoes are tender.



4. PREPARE THE HERB BUTTER

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



5. MAKE PULL APART LOAF

Make diagonal cuts across **sourdough loaf**, 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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