

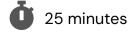




# **Cowboy Beef Stew**

## 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.





4 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	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 dairyfree alternative, substitute the butter with olive oil.

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





## 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.

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



