

**Product Spotlight:
Mushrooms**

Mushrooms have a delicate, mild flavour and hold their shape well in pasta, on pizza and in sauces (stems and all)!



Beef Steaks

with Mushroom Gravy

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



30 minutes



4/6 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
	41g	23g	48g

FROM YOUR BOX

	4 PERSON	6 PERSON
MEDIUM POTATOES	800g	1.2kg
ROSEMARY SPRIG	1	2
BROCCOLI	1	2
BEEF STEAKS	600g	600g + 300g
BROWN ONION	1	1
BUTTON MUSHROOMS	300g	300g + 150g

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.

6P – use 1 tbsp oil and 2 tbsp butter. Stir in 2 tsp tarragon and 1 1/2 tbsp soy sauce.



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**.

6P – drain and return to pan with 1 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.

6P – use 1 1/2 tbsp flour and 1 1/2 cups of water.



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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