



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Rosemary

Did you know that the rosemary bushes can grow as tall as 1.8 metres? How much taller than you is that?



3 Rosemary Steaks with Sweet Potato Mash

Grass-fed WA beef steaks marinated with rosemary, served on a bed of sweet potato mash alongside sautéed vegetables and a homemade rosemary gravy.

 35 minutes

 2 servings

 Beef

7 May 2021

Baked potato

Instead of making potato mash, you can dice or wedge sweet potatoes, toss them with oil, salt and pepper, and bake in the oven at 220°C until tender, approximately 15–20 minutes. You can also bake the carrot and sugar snaps if preferred.

FROM YOUR BOX

SWEET POTATOES	500g
ROSEMARY	1 stalk
BEEF STEAKS	300g
CARROT	1
SUGAR SNAP PEAS	1 bag (150g)
BROWN ONION	1/2 *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil/butter + oil for cooking, salt, pepper, garlic (1 clove), flour (of choice), soy sauce, vinegar (of choice, we used red wine vinegar)

KEY UTENSILS

large frypan, saucepan

NOTES

If you prefer the potato mash to be smooth, you can peel the potatoes before dicing and boiling. When mashing, you can add a dash of milk or cooking water to make it less thick.

No beef option – beef steaks are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side or until cooked through.



1. COOK THE POTATOES

Dice potatoes (see notes) and place in a saucepan, cover with water. Bring to the boil and simmer for 10 minutes or until tender. Drain and return to saucepan. Mash with **1 tbsp butter/oil** and season with **salt and pepper**.



4. COOK THE STEAKS

Re-heat frypan over medium-high heat. Cook the steaks for 2-4 minutes each side or until cooked to your liking. Remove to a plate and keep warm.



2. PREPARE THE STEAKS

Finely chop rosemary. Mix 1 tsp rosemary with crushed **garlic, 2 tsp oil, salt and pepper**. Rub over steaks and leave to the side.



5. MAKE THE GRAVY

Whisk together **1 tbsp flour, 1 tsp soy sauce, 1 tsp vinegar, 3/4 cup water**, and any remaining rosemary.

Slice or dice onion, add to pan with **1 tbsp butter/oil**, cook for 2 minutes. Pour in liquid. Bring to a simmer, then return steaks. Season to taste with **soy sauce and pepper**.



3. COOK THE VEGETABLES

Slice carrot, trim and halve sugar snap peas. Heat a large frypan with **2 tbsp water**. Add carrot and cook for 2 minutes. Add sugar snaps and cook for a further 2 minutes. Drain and remove to a bowl, then toss with **olive oil**.



6. FINISH AND PLATE

Serve steaks with mashed potatoes and vegetables. Pour over gravy to taste.

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**

