



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Parsnips

This root vegetable features a distinct sweet flavour. It's been popular for a while – in fact, it's believed that it was cultivated all the way back in Roman times!



## 3 Beef Chipolatas with Sage and Onion Gravy

Small (yet flavour-packed) sausages made from 100% grass-fed WA beef cooked in savoury mustard-sage gravy on a bed of potato-parsnip mash. Enjoyed with a side of sautéed veggies.

 30 minutes

 2 servings

 Beef

9 April 2021

## Roasted veg

*Instead of making potato & parsnip mash, you can cut these root veggies into sticks and bake in the oven with carrot sticks. Simply toss with oil, salt and pepper and bake at 220°C until tender.*

## FROM YOUR BOX

POTATOES	300g
PARSNIP	1
BEEF CHIPOLATAS	300g
SPRING ONIONS	2
SAGE	1 packet
SEEDED MUSTARD	1 jar
CARROT	1
GREEN BEANS	1/2 bag (75g) *
CREAM CHEESE	1/4 block *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil + oil for cooking, salt, pepper, flour, soy sauce

## KEY UTENSILS

frypan, 2 saucepans

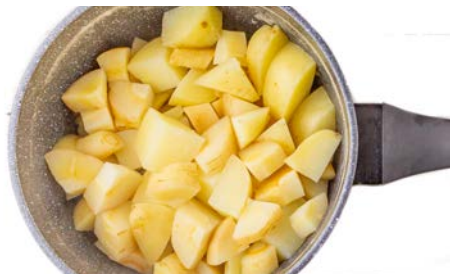
## NOTES

Peel potatoes and parsnip for a smoother mash.

If preferred, whisk together flour, water and soy sauce in a separate bowl before adding to the frypan.

Customise the mash to your liking. For example, replace the cooking water with milk, stir in chopped spring onion tops, fresh herbs, crushed garlic or butter.

**No beef option – beef sausages are replaced with chicken sausages.**



### 1. COOK THE POTATOES

Dice potatoes and parsnip (see notes). Place in a saucepan, cover with water. Bring to the boil and simmer for 10–12 minutes or until tender. Drain, reserving **1/4 cup cooking water**, and return to saucepan.



### 2. COOK THE CHIPOLATAS

Heat a frypan over medium–high heat. Add chipolatas and cook, turning occasionally, until cooked through, around 10 minutes. Remove and keep warm. Wipe pan clean and keep for next step.



### 3. MAKE THE GRAVY

Re-heat pan with **1/2 tbsp oil** over medium–high heat. Slice and add spring onions with chopped sage and mustard. Cook for 2 minutes and stir in **1 tbsp flour**. Whisk in **1 cup water** and **1/2 tbsp soy sauce** and simmer until thickened (see notes). Return chipolatas.



### 4. COOK THE VEGETABLES

Heat another saucepan with **1/2 cup water**. Slice carrot, trim and halve beans, add to pan as you go, simmer for 3–4 minutes until just tender. Drain and toss with **olive oil, salt and pepper**.



### 5. MASH THE POTATOES

Add cream cheese, **reserved potato water, salt and pepper** to potatoes and parsnip. Mash until smooth (see notes).



### 6. FINISH AND PLATE

Serve mash and vegetables with chipolatas. Spoon 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](mailto:hello@dinnertwist.com.au)

