



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Broccoli

Broccoli is as versatile as it's green! You can pan-fry it, steam it, blanch it, roast it, boil it, and even enjoy it fresh! What's your favourite way of serving broccoli?



## 3 Beef Rump Steaks with Garlic Potato Mash

Steaks and mash — you can't go wrong with that! Especially not when the steak is WA-local beef rump, the mash is made with garlic and when the side consists of farm-fresh sautéed veggies.

 30 minutes

 2 servings

 Beef

24 August 2020

## Plate it up!

*Invite the kids to do the plate-up of this dish. Have them google similar dishes for inspiration — there are many creative ways to present this meal!*

## FROM YOUR BOX

MEDIUM POTATOES	3
BEEF RUMP STEAKS	300g
THYME	1/2 packet *
CARROT	1
COURGETTES	2
BROCCOLI	1/2 *
GARLIC CLOVE	1

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil/butter (for cooking), salt, pepper, flour (plain or other), seeded (or dijon) mustard

## KEY UTENSILS

frypan, 2 saucepans

## NOTES

You can keep the mash rustic instead of smooth if you prefer! For a creamier finish, you can also replace the water with milk.

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



### 1. COOK THE POTATOES

Roughly chop potatoes, place in a saucepan and cover with water. Bring to the boil and simmer for 10-15 minutes or until fork tender. Drain and return to pan, reserving **2 tbsp water**.



### 2. COOK THE STEAKS

Heat a frypan over medium-high heat. Rub steaks with **oil, salt and pepper**. Cook for 3-4 minutes each side or until cooked to your liking. Remove to a plate and keep warm.



### 3. MAKE THE SAUCE

Whisk together roughly chopped thyme leaves, **1 tbsp flour, 1/2 tbsp mustard and 1 1/2 cups water**.

Re-heat frypan and pour in sauce mix along with resting juices from the steaks. Bring to a simmer, stir until thickened and season with **salt and pepper**.



### 4. BLANCH THE VEGETABLES

Cut carrot and courgettes into rounds and broccoli into florets. Heat a saucepan with **1/3 cup water**. Add vegetables, cover, and blanch for 2-3 minutes or until cooked to your liking.



### 5. MASH THE POTATOES

Crush garlic. Mash potatoes with **1-2 tbsp butter/oil, garlic and reserved potato water** to a smooth consistency (see notes). Season with **salt and pepper**.



### 6. FINISH AND PLATE

Slice steaks and serve with mash, sauce and vegetables.

**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**

