



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Seeded Mustard

A mixture of white, brown and black mustard seeds. A mild and easy to use condiment to add extra flavour to your dishes. Or even to your cheese sandwich!



2 Hot Beef and Gravy Rolls with Roast Carrots

A great family friendly dinner. Fast cooked beef strips, finished in an onion and mustard gravy. Add some fresh salad and grated cheese for happy smiles all round.

 30 minutes

 4 servings

 Beef

3 September 2021

Skip the oven

Instead of roasting the carrots, either grate and add them to your roll or cut into sticks to crunch on the side.

FROM YOUR BOX

PURPLE CARROTS	2
CARROTS	3
FESTIVAL LETTUCE	1/2 *
TOMATOES	2
BEEF STIR FRY STRIPS	500g
BROWN ONION	1
SEEDED MUSTARD	1 jar
BREAD ROLLS	4-pack
GRATED CHEESE	1/2 packet (100g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, salt, pepper, flour (plain or other), dried oregano, soy sauce

KEY UTENSILS

large frypan, oven tray

NOTES

Slice rolls in half and toast in the oven or a sandwich press if you like a crunchy warm roll.

Slice rolls from the top 2/3rds of the way down and pull out some of the bread to give more room for filling.

No beef option – beef strips are replaced with **chicken strips**. Increase cooking time to 4–5 minutes or until cooked through.

No gluten option – bread rolls are replaced with **GF Turkish rolls**.



1. COOK THE CARROTS

Set oven to 200°C.

Cut carrots into wedges and toss on a lined oven tray with **oil, salt and pepper**. Roast for 15 minutes until golden and tender.



2. PREPARE THE SALAD

Wash and tear lettuce, halve and slice tomatoes. Place on a plate.



3. COOK THE BEEF

Heat a frypan over high heat. Toss the beef strips with **oil, salt and pepper**. Cook in batches, tossing for 2–3 minutes. Remove to a plate. Keep pan over medium heat.



4. COOK THE ONION

Add **1 tbsp oil/butter** to frypan. Slice and add onion, cook for 5–6 minutes along with mustard and **1 tsp oregano**.



5. MAKE THE GRAVY

Whisk together **1 tbsp flour** and **1 tbsp soy sauce** with **1 cup water**. Pour over onions and simmer to thicken. Return beef and allow to heat through. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Slice rolls (see notes) and fill with beef, gravy and salad. Top with grated cheese and serve with carrots.

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**

