



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Potatoes


Q: How many kilos do you think the world's heaviest potato weighed?  
A: 4.98 kg. It was grown in Somerset, UK.



## 3 Thyme Beef Steaks with Mighty Green Mash

Colourful roast vegetables, tender free-range WA-raised beef steaks, a mighty green mash with broccoli, and a simple homemade gravy. Yes please!

 30 minutes

 4 servings

 Beef

9 July 2021

### *Super smooth mash*

*If you don't like a chunky-style mash, you can finish the mighty green mash in a food processor or using a stick mixer for a super smooth result!*

## FROM YOUR BOX

BABY POTATOES	800g
BROCCOLI	1
DUTCH CARROTS	1 bunch
CHERRY TOMATOES	1 bag (200g)
RED ONION	1
THYME	1/2 packet *
BEEF STEAKS	600g

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil/butter + oil for cooking, salt, pepper, flour (plain or other), mustard (we used seeded), soy sauce

## KEY UTENSILS

large frypan, saucepan, oven tray

## NOTES

Add the broccoli to the tray bake for the last 5 minutes of cooking time if preferred.

Instead of water, you can make the mash with milk.

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



### 1. COOK THE POTATOES

Set oven to 220°C.

Dice potatoes and chop broccoli (including the stems, see notes). Place in a saucepan, cover with water. Bring to the boil and simmer for 10-15 minutes or until tender. Drain (keep **1/4 cup water**) and return to saucepan.



### 4. MAKE THE GRAVY

Whisk together **1 tbsp flour, 2 tsp mustard, 1 tbsp soy sauce and 1 1/2 cups water.**

Add remaining thyme leaves and gravy mix to the frypan. Bring to a simmer and allow to thicken. Return steaks.



### 2. ROAST THE VEGETABLES

Wash, trim and halve any large carrots, halve tomatoes (optional) and wedge onion. Toss together on a lined oven tray with half the thyme leaves, **oil, salt and pepper.** Roast for 15-20 minutes until tender.



### 5. MASH THE POTATOES

Mash potatoes and broccoli with **reserved water** (see notes), **2 tbsp butter/oil, salt and pepper.**



### 3. COOK THE STEAKS

Heat a frypan over medium-high heat. Rub steaks with **oil, salt and pepper.** Place into pan and cook for 2-4 minutes each side or until cooked to your liking. Remove to a plate, keep pan.



### 6. FINISH AND PLATE

Arrange mash on plates, top with vegetables and steaks. Finish with gravy.

**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)

