



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Sugar snap peas

These bright green peas are crunchy, delicately sweet, and a superb source of vitamins C, K, thiamine and pantothenic acid. In other words? It's completely ok to snack on a few whilst cooking!



## 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



4 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

POTATOES	1kg
BEEF RUMP STEAKS	600g
THYME	1/2 packet *
CARROTS	2
COURGETTES	2
SUGAR SNAP PEAS	1 bag (150g)
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

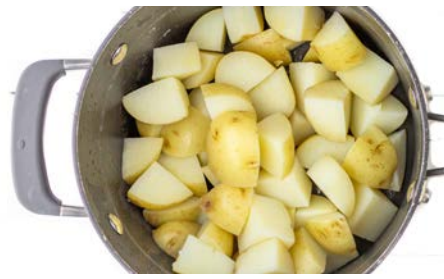
## KEY UTENSILS

large 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 **1/4 cup 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 you 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 carrots and courgettes into rounds, trim sugar snap peas. Heat a saucepan with **1/2 cup water**. Add vegetables, cover, and blanch for 2-3 minutes or until cooked to your liking.



### 5. MASH THE POTATOES

Mash potatoes with **2 tbsp butter/oil, crushed 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**

