



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: CHERRY TOMATOES

Small in size... BIG in flavour and nutrients! For example, they bring with them a big amount of vitamins C and A, while being very low in calories. Enjoy them raw, baked, fried, dried, pickled, canned, or anything in between!



4. STEAK & GRAVY

WITH ROASTED VEGETABLES

 30 Minutes

 4 Servings

It doesn't get much better than this dinner with beef rump steak, savoury onion gravy and baked veggies. Enjoy!

FROM YOUR BOX

RED ONION	1
BETROOTS	3
DUTCH CARROTS	1 bunch
CHERRY TOMATOES	1/2 packet (200g) *
ROSEMARY SPRIG	1
BEEF RUMP STEAK	600g
BROCCOLI	1
BREAD ROLLS	4-pack

* Ingredient also used in another recipe

FROM YOUR PANTRY

olive + oil for cooking, salt, pepper, lemon pepper (optional), dried oregano, flour (plain or other), stock cube of choice, balsamic vinegar

KEY UTENSILS

oven tray, frypan, small saucepan

NOTES

Alternatively, toss the broccolini with oil and add to the roasting tray for the last 5 minutes.

No beef option - beef rump steak is replaced with chicken breast fillets. Increase cooking time to 8-10 minutes on each side or until cooked through. Alternatively, slash in step 1 and place in the oven for 20 minutes along with the vegetables. Slice to serve.

No gluten option - bread rolls are replaced with GF bread loaf.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Wedge 1/2 onion and beetroots, trim carrots. Toss on a lined oven tray with tomatoes, **oil, salt, and 1 tsp lemon pepper**. Roast for 20-25 minutes or until golden and tender.



4. COOK THE ONION

Reheat frypan with **oil**. Slice and add remaining 1/2 onion. Cook for 4-5 minutes with **1 tsp oregano**. Crumble in **stock cube**.



2. COOK THE STEAK

Chop 2 tsp rosemary and combine with **oil, salt, pepper and 1 tsp oregano**. Rub over steak. Heat a frypan over medium-high heat. Add steak and cook for 4-6 minutes on each side or until cooked to your liking. Set aside on a plate to rest, reserve frypan.



5. MAKE THE GRAVY

Whisk together **1 1/2 cup water with 1 tbsp flour**, add to pan and stir until thickened. Season with **1 tbsp vinegar and pepper** to taste.



3. COOK THE BROCCOLI

Bring a small saucepan with water to the boil. Cut the broccoli into florets and blanch for 2-3 minutes or to your liking. Drain and toss with **olive oil, salt and pepper** (see notes).



6. FINISH AND PLATE

Slice steak and serve with vegetables, gravy and bread rolls (toasted if you prefer).

How did the cooking go? We'd love to know - help us by sharing your thoughts!
Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

