



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.

