



Product Spotlight: Beef Tallow

The beef tallow from The Ugly Mug is nutrient-rich and can help you absorb more nutrients from your food. It contains vitamins A, B1, D, E & K, and conjugated linoleic acid, which may help to reduce inflammation.



G4 Beef Steaks with Tallow Roasted Veg and Onion Gravy

Large beef steaks from Dirty Clean Food, cooked to your liking, and served with potatoes, Dutch carrots and Brussels sprouts roasted in rosemary and garlic beef tallow, finished with mustard and onion gravy.

 30 minutes

 4 servings

 Beef

12 August 2022

Hot tip!

If you have time, take your steak out of the fridge 30–40 minutes prior to cooking. Cooking the steak from room temperature helps to cook it evenly.

Per serve: **PROTEIN** 40g **TOTAL FAT** 25g **CARBOHYDRATES** 48g

FROM YOUR BOX

MEDIUM POTATOES	800g
BRUSSELS SPROUTS	1 bag (300g)
DUTCH CARROTS	1 bunch
GARLIC+ROSEMARY BEEF TALLOW	1 jar
BROWN ONION	1
BEEF STEAKS	2 x 300g

FROM YOUR PANTRY

oil for cooking, salt, pepper, corn flour, seeded mustard, soy sauce (or tamari)

KEY UTENSILS

frypan, oven tray

NOTES

Spread vegetables out across 2 oven trays to roast if necessary.

You can add a fresh or dried herb to your vegetables like thyme, rosemary or tarragon.

Tossing the vegetables through the melted tallow is necessary to prevent the vegetables from burning. The tallow acts as cooking oil.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Slice potatoes and halve Brussels sprouts. Trim and scrub Dutch carrots. Toss on a lined oven tray (see notes) with **salt and pepper**. Place 4 tallow discs on top of vegetables. Roast for 5 minutes (see step 3).



2. CAMELISE THE ONION

Heat a large frypan over medium heat with 1 tallow disc. Peel and slice onion, add to pan and cook for 5 minutes.



3. TOSS THE VEGETABLES

Remove vegetables from the oven. Now that the tallow has melted, toss the vegetables through the tallow to coat (see notes). Roast in oven for a further 15-20 minutes until vegetables are tender.



4. COOK THE STEAK

Coat steaks with **oil, salt and pepper**. Push onions to side of pan and increase heat to medium-high. Add steaks to pan and cook for 2-6 minutes each side or until cooked to your liking. Remove steaks from pan to rest, keep pan over heat.



5. MAKE THE GRAVY

Whisk together **2 tsp mustard**, **2 cups water** and **1 tbsp cornflour**. Pour mustard mix into pan with onion. Simmer, whisking occasionally, for 5-7 minutes until thickened. Season with **2 tsp soy sauce** and **pepper**.



6. FINISH AND SERVE

Slice steaks.

Serve steak, vegetables and gravy family-style at the table.

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**

