



Product Spotlight: Lentils

Lentils are a great source of plant-based protein, with 18 grams in every one-cup serving, the equivalent of eating about three whole eggs!



Mustard Beef with Maple Glazed Veggies

Beef mince cooked in a rich mustard gravy with mushrooms, lentils and rosemary. Topped with maple roasted carrots and parsnips, finished with a sprinkle of fresh parsley.



35 minutes



2 servings



Beef

Turn it into a pie!

Add a little less water into the beef and cover with mash for a simple beef pie, alternatively cover with a pastry top!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	8g	61g

FROM YOUR BOX

PARSNIP	1
CARROTS	2
BROWN ONION	1
MUSHROOMS	150g
GARLIC CLOVE	1
ROSEMARY SPRIG	1
BEEF MINCE	300g
SEEDED MUSTARD	1 jar
TOMATO PASTE	1 sachet
TINNED LENTILS	400g
PARSLEY	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, cornflour (or other), white wine vinegar, maple syrup (or honey)

KEY UTENSILS

oven tray, large frypan with lid

NOTES

You can dice and add the veggies into the stew instead if you prefer and serve the dish over mash!



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1. ROAST THE VEGGIES

Set oven to 200°C.

Scrub or peel **parsnip** and **carrots** (see notes). Cut into angular pieces and toss on a lined tray with **oil**, **2 tsp maple syrup**, **salt and pepper**. Roast for 20–25 minutes or until golden and tender.



4. STIR IN THE LENTILS

Mix **2 tsp cornflour** with 2 tbsp water. Drain and rinse **lentils**. Add to stew and adjust seasoning with **1/2 tbsp vinegar**, **salt and pepper** to taste. Add more water if needed.



2. SAUTÉ THE VEGGIES

Heat a large pan with **oil** over medium-high heat. Chop **onion**, wedge **mushrooms** and crush **garlic**. Add to pan as you go and cook for 5 minutes or until starting to caramelise. Pick and add **rosemary** leaves (chop if preferred).



5. FINISH AND SERVE

Serve mustard beef topped with maple glazed veggies and chopped **parsley**.



3. SIMMER THE BEEF

Add **beef mince** and break up using a spatula. Once browned, stir in **mustard**, **tomato paste** and **1 cup water**. Semi-cover and simmer for 15 minutes.

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**

