

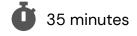




# **Mustard Beef**

# 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.







# 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!

## 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!





### 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.



# 2. SAUTÉ THE VEGGIES

Heat a large pan with **oil** over mediumhigh 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).



## 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.



# 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.



# **5. FINISH AND SERVE**

