



Product Spotlight: Parsnip

Back in the day, before sugar cane was around, Europeans commonly used parsnips to sweeten food. Try them once cooked; do you think they taste a little sweet?



Balsamic Glazed Beef with Roast Root Veg

Beef strips pan-fried and glazed with mustard and balsamic vinegar, served with warming roasted root vegetables, and lemon garlic kale.



45 minutes



4/6 servings



Beef

Speed it up!

While boiling the sweet potatoes and crushing them makes for a great roasted potato, if you are short on time, you can skip this by chopping them and roasting immediately with the parsnips.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	10g	36g/42g

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	600g	1kg
LEMON	1	1
GARLIC CLOVES	2	2
KALE LEAVES	1 bunch	1 bunch
PARNSIPS	3	4
BEEF STIR FRY STRIPS	600g	600g + 300g
DIJON MUSTARD	2 small jars	2 small jars

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, dried rosemary, balsamic vinegar

KEY UTENSILS

large frypan, saucepan, oven tray

NOTES

Hold base of kale stem in one hand, use other hand to pinch stem at base of the leaves between your thumb and index finger. Pull upward and the leaves will strip off cleanly.

Use a spatular or the bottom of a cup or mug to crush the potatoes.

Add sweetener such as maple syrup or honey to the beef if desired.



1. BOIL THE SWEET POTATOES

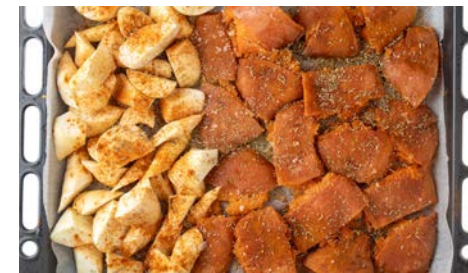
Set oven to 220°C.

Chop **sweet potatoes**. Add to a saucepan and cover with water. Bring to a boil and simmer for 10 minutes until tender. Drain **potatoes**.



2. MASSAGE THE KALE

Meanwhile, **zest lemon and juice half**. Add to a large bowl with **crushed garlic, 1/4 cup olive oil, salt and pepper**. Remove **kale leaves** from stems (see notes) and roughly chop.



3. ROAST THE VEGETABLES

Add **sweet potatoes** to a lined oven tray and crush (see notes). Cut **parsnips** into angular pieces. Add to oven tray. Toss with **oil** and season with **1-2 tsp smoked paprika, 2-3 tsp rosemary, salt and pepper**. Roast for 20-25 minutes until golden and tender.



4. BROWN THE BEEF STRIPS

Season **beef strips** with **mustard, salt and pepper**. Heat a large frypan over high heat with **oil**. In batches, add **beef** to pan, in batches, and cook, tossing for 2 minutes until browned.



5. GLAZE THE BEEF

Return all **beef** to pan along with **2 tbsp balsamic vinegar** and **3 tbsp water** (see notes). Simmer for 1-2 minutes. Remove from heat and season to taste with **salt and pepper**.

6P - return all beef to pan along with 3 tbsp vinegar and 4 tbsp water (see notes).



6. FINISH AND SERVE

Wedge **remaining lemon**.

Divide **roasted vegetables** and **kale** among plates. Add **beef** and spoon over **pan glaze**. Serve with **lemon wedges**.



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