




### 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

 4 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** 33g **TOTAL FAT** 7g **CARBOHYDRATES** 41g

## FROM YOUR BOX

PARSNIPS	2
CARROTS	3
BROWN ONION	1
MUSHROOMS	300g
GARLIC CLOVES	2
ROSEMARY SPRIG	1
BEEF MINCE	600g
SEEDED MUSTARD	2 jars
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!



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### 1. ROAST THE VEGGIES

Set oven to 200°C.

Scrub or peel parsnips and carrots (see notes). Cut into angular pieces and toss on a lined tray with **oil, 1 tbsp 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.



### 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 **2 cups 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**

