

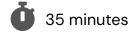




Mustard Beef

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

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





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.



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 **2 cups water**. Semicover 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.



5. FINISH AND SERVE

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





