

**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	TOTAL FAT	CARBOHYDRATES
	37g	30g	43g

## 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!



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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).



## 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.



## 5. FINISH AND SERVE

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

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