



Product Spotlight: Mustard

The little jar that this flavour-bomb mustard comes in is so easy to reuse! We love packing them with salad dressing, sauce, spice mixes or seed toppings for no-spill transport.




Beef Au Jus Dipper with Roast Vegetables

French-inspired, these beef sandwiches will transform your dinner table! Beef chuck slow-cooked in caramelised onion and mustard jus, piled in sourdough rolls with Swiss cheese, served with extra jus to dip into and roast root vegetables.

 20 minutes + 3.5 hours slow

 Beef

 2-3 servings

Share it!

This meal is made for sharing! Invite your loved ones over and share this winter-warmer with them! Simply grab some extra rolls or add more veggies to the roasting tray if there are more guests than expected!

Per serve: **PROTEIN** 45g **TOTAL FAT** 40g **CARBOHYDRATES** 68g

FROM YOUR BOX

BEEF CHUCK ROAST	400g
BAVARIAN MUSTARD	1 jar
BROWN ONION	1
GARLIC	1 clove
MEDIUM POTATOES	2
PARSNIP	1
DUTCH CARROTS	1 bunch
SOURDOUGH ROLLS	2-pack
SWISS CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme, 1 stock cube, soy sauce (or tamari)

KEY UTENSILS

frypan, slow cooker, oven tray

NOTES

If your slow cooker has a sauté function, you can sear the meat in the cooker instead of in a frypan. Cook on low for 5-6 hours if you want to set and forget while you are at work!

We used beef stock, but you can use your preferred stock. Worcestershire sauce is a great flavour enhancer in this dish.

No gluten option - rolls are replaced with GF rolls.

Protein Upsize Option: when adding extra meat, increase liquid in your slow cooker by adding 1/2 cup water to ensure even cooking.



1. BROWN THE BEEF

Heat a frypan (see notes) over medium-high heat with **oil**. Coat beef with **salt** and 1/2 mustard. Add to pan and cook until browned all over. Remove to slow cooker and keep pan over heat.



2. CARMELISE THE ONION

Thinly slice onion and crush garlic. Add to reserved pan with extra **oil**, **2 tsp thyme** and remaining mustard. Cook for 4-6 minutes until onion is caramelised. Add to slow cooker.



3. SIMMER THE BEEF

Add **crumbled stock cube**, **2 tsp soy sauce** (see notes) and **450ml water** to slow cooker. Season with **pepper**. Simmer on high for 3-3 1/2 hours until beef is tender and falling apart.



4. ROAST THE VEGETABLES

When slow cooker has 35 minutes remaining, set oven to 220°C.

Roughly chop potatoes and parsnip. Trim and scrub carrots. Toss on a lined oven tray with **oil**, **salt** and **pepper**. Roast for 20-25 minutes until golden and tender.



5. PREPARE THE DIPPERS

Roughly shred beef. Slice rolls open and fill with shredded beef and onion from slow cooker. Top with cheese. Toast in oven or sandwich press to melt cheese.



6. FINISH AND SERVE

Halve dippers. Serve tableside with roasted vegetables and cooking liquid from slow cooker to dip into.

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**

