



### Product Spotlight: Turnips

Turnips are a root vegetable, and they have a sweet, nutty and earthy flavour when cooked!



## Slow Cook Beef Goulash

The perfect dish to throw in the slow cooker in the morning! A heartwarming beef stew with root vegetables and a rich tomato sauce finished with chives, a dollop of sour cream, and served with crusty bread.



15 minutes prep + 4-5 hours slow cook



2 servings



Beef

## Any leftovers?

*This dish can be frozen and enjoyed another day! You can also transform any leftovers into a pie with a potato or pastry top! The stew is also delicious served with polenta or rice.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	63g	47g	120g

## FROM YOUR BOX

BROWN ONION	1
CARROT	1
MEDIUM POTATOES	2
TURNIP	1
GOULASH SPICE MIX	1 packet
CHOPPED TOMATOES	400g
DICED BEEF CHUCK STEAK	400g
SOURDOUGH ROLL	2-pack
CHIVES	1 bunch
SOUR CREAM	1 tub

## FROM YOUR PANTRY

oil for cooking, salt, pepper,

## KEY UTENSILS

slow cooker, large frypan

## NOTES

If you don't have a slow cooker you can cook this dish in a heavy base pan on the stove. Stir occasionally to prevent the stew from burning on the bottom. You may need to add more liquid as required.

**No gluten option - sourdough rolls are replaced with gluten-free rolls.**

**Protein Upsize Option:** when adding extra meat, increase liquid in your slow cooker by adding 1/4 cup water to ensure even cooking.

*Goulash spice mix: cornflour (gf), ground paprika, caraway seeds, garlic powder, onion powder, dried thyme, bay leaf*



### 1. PREPARE THE VEGETABLES

Set slow cooker to high heat (see notes).

Roughly chop **onion**, **carrot**, **potatoes** and **turnip** (peel if preferred). Stir in **spice mix** and **chopped tomatoes**.



### 2. BROWN THE BEEF

Season **diced beef** with **salt and pepper**. Heat a large frypan with **oil** over high heat. Brown **beef** and add to slow cooker as you go.



### 3. SIMMER THE STEW

Stir **beef** with **vegetables** and **1/2 cup water** until combined. Simmer beef stew in the slow cooker for 4-5 hours or until **beef** is tender and soft.



### 4. FINISH AND SERVE

Season stew with **salt and pepper** to taste. Serve with **bread rolls** (toast if preferred). Garnish with sliced **chives** and a dollop of **sour cream**.

**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**

