



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
	53g	43g	136g

FROM YOUR BOX

BROWN ONION	1
CARROT	1
MEDIUM POTATOES	2
TURNIP	1
GOULASH SPICE MIX	1 packet
CHOPPED TOMATOES	400g
DICED BEEF CHUCK	400g
SOUDOUGH 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, 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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

