



Product Spotlight: Baby Cos Lettuce

Baby cos lettuce can often be sandy. Trim the lettuce and separate the leaves. Soak in a bowl of water to remove excess sand before rinsing in a salad spinner.



Slow Cook Beef with Gnocchi

Tender beef chuck slow-cooked until fall-apart tender in a rich tomato sauce, served with pillowy gnocchi, parmesan cheese, and a crisp baby cos lettuce salad.



30 minutes + 3 hours slow cook



Beef



2 servings

No slow cooker?

Brown beef in a large heavy-based saucepan. Add all remaining ingredients and bring to a boil. Reduce to low heat, cover, and simmer for 1¾–2 hours until the beef is very tender, stirring occasionally. Add a splash of water if the sauce thickens too much.

Per serve: **PROTEIN** 68g **TOTAL FAT** 39g **CARBOHYDRATES** 84g

FROM YOUR BOX

BEEF CHUCK ROAST	400g
BROWN ONION	1
CARROT	1
GARLIC CLOVE	1
TOMATO PASSATA	1 jar
BABY COS LETTUCE	1
TOMATO	1
GNOCCHI	500g
PARMESAN CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried rosemary, red wine vinegar

KEY UTENSILS

frypan, slow cooker

NOTES

If your slow cooker has a sauté function, sear meat directly in the cooker. You can cook on low heat for 6–8 hours instead if you prefer.

Add a splash of red wine vinegar when building the sauce for extra brightness and depth.

Protein Upsize Option: when adding extra meat, add 1/2 cup water to ensure even cooking.

No gluten option – gnocchi is replaced with GF gnocchi.



1. BROWN THE BEEF

Halve **beef** and coat with **oil, salt and pepper**. Heat a frypan over medium-high heat. Add **beef** and brown on both sides (see notes).



1. PREPARE THE VEGETABLES

Set slow cooker to high heat. Dice **onion** and **carrot**, and crush **garlic**. Add to slow cooker as you go.



3. SIMMER THE BEEF

Add **2 tsp rosemary, passata**, and **1/3 cup water** to slow cooker. Tuck **beef** into **sauce**. Simmer for 3 1/2 – 4 hours or until **beef** is tender. Season to taste with **salt and pepper** (see notes).



4. MAKE THE SALAD

Bring a large saucepan of water to a boil for step 5.

Separate **lettuce leaves** and **wedge tomato**. Add to a large bowl along with **3 tsp olive oil, 3 tsp vinegar, salt and pepper**. Toss to dress.



5. COOK THE GNOCCHI

Add **gnocchi** to boiling water and cook for 2–3 minutes or until tender. Drain or remove with a slotted spoon.



6. FINISH AND SERVE

Use two forks to roughly shred the **beef** in the **sauce**. Add **gnocchi** and top with **parmesan cheese**. Serve tableside with **garden salad**.

How did the cooking go? Share your thoughts via **My Recipes** tab in your **Profile** and leave a review.
Something not right? Text us on **0440 132 826** or email **hello@dinnertwist.com.au**

