






Product Spotlight: Mustard

This flavour-packed mustard comes in a handy little jar — perfect for reusing! We love using them to pack salad dressings, sauces, spice mixes or seeds for no-spill transport.



Slow Cooked French Beef Subs

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 + 4 hours slow cook  Beef  2-3 servings

Share it!

Serving a crowd? Double the rolls and roast extra veg – the beef goes a long way!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	87g	61g	110g

FROM YOUR BOX

BEEF CHUCK ROAST	400g
DIJON MUSTARD	1 small jar
BROWN ONION	1
GARLIC CLOVE	1
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

No slow cooker? Use a large heavy-based pot with a lid and simmer gently on the stovetop for 3–3½ hours, or until the beef is tender and falling apart.

We used beef stock, but you can use your preferred stock. Worcestershire sauce is a great flavour booster 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 1/4 cup water to ensure even cooking.



1. BROWN THE BEEF

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



2. CAMELISE 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 4 hours or 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

Remove beef from slow cooker and roughly shred using two forks. Strain onions, reserving the cooking liquid. Slice **rolls** open and fill with shredded beef, onion and **Swiss cheese**. Toast in the oven or sandwich press until cheese is melted and the rolls are golden.



6. FINISH AND SERVE

Halve the dippers and plate alongside roasted root vegetables. Pour the reserved cooking liquid into small bowls for dipping (it's a delicious way to enjoy every bite!).

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**

