




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 + 4-6 hours slow cook

 4 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** 45g **TOTAL FAT** 39g **CARBOHYDRATES** 55g

FROM YOUR BOX

BROWN ONION	1
CARROTS	2
MEDIUM POTATOES	3
TURNIP	1
SPANISH SPICE MIX	1 sachet
CHOPPED TOMATOES	400g
DICED BEEF CHUCK STEAK	800g
SOURDOUGH ROLLS	2-pack
CHIVES	1 bunch
SOUR CREAM	1 tub

FROM YOUR PANTRY

oil for cooking, salt, pepper, plain flour (of choice)

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.



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1. PREPARE THE VEGETABLES

Set slow cooker to high heat.

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



2. BROWN THE BEEF

Season diced beef with **salt and pepper**. Toss in a bowl with **2 tbsp flour**. Heat a large frypan with **oil** over high heat. Brown beef (in batches) and add to slow cooker as you go.



3. SIMMER THE STEW

Stir beef with vegetables until combined. Simmer in the slow cooker for 4-6 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**

