

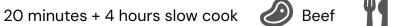




Slow Cooked French Beef Subs

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.







Share it!

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

TOTAL FAT CARBOHYDRATES

84g 60g 104g

FROM YOUR BOX

BEEF CHUCK ROAST	800g
DIJON MUSTARD	2 small jars
BROWN ONION	1
GARLIC CLOVES	2
MEDIUM POTATOES	3
PARSNIPS	2
DUTCH CARROTS	1 bunch
SOURDOUGH ROLLS	4
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 mediumhigh heat with oil. Quarter beef roast and coat with salt and 1 jar mustard. Add to pan and cook until browned all over. Remove to slow cooker and keep pan over heat.



2. CARAMELISE 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, 1 tbsp soy sauce (see notes) and 750ml 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 **parsnips**. 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



