



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

 4/6 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
4/6 Person:	47g	17g	52g/48g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	2
CARROTS	2	3
MEDIUM POTATOES	3	5
TURNIP	1	2
GOULASH SPICE MIX	1 packet	2 packets
CHOPPED TOMATOES	400g	400g
DICED BEEF CHUCK	800g	800g + 400g
SOUSDOUGH ROLLS	2-pack	2 x 2-pack
CHIVES	1 bunch	1 bunch
SOUR CREAM	1 tub	1 tub

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

slow cooker, large frypan

NOTES

Cook in a heavy-based pan on stove if you don't have a slow cooker, stirring occasionally to prevent burning; add more liquid as needed.

No gluten option – sourdough rolls are replaced with GF country loaf.

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.

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

6P – use 1 1/2 packets of spice mix.



2. BROWN THE BEEF

Season **diced beef** with **salt and pepper**. 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 and **1/4 cup water** until combined. Simmer in the slow cooker for 4–5 hours or until **beef** is tender and soft.

6P – use 3/4 cup water.



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**

