



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: PURPLE CARROTS

Originally, all carrots were purple! The orange colour came later as the Dutch people cultivated this popular root vegetable. The purple variation is extra high in antioxidants that help fight damage from oxidative stress in your body. Plus, they taste great!



3. ROSEMARY STEAKS

WITH ROAST VEGGIES & GRAVY

 35 Minutes

 4 Servings

Homemade rosemary & mustard gravy, tender beef steaks and wholesome roasted veggies come together perfectly in this simple comfort meal.

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
SPRING ONIONS	1/4 bunch *
PURPLE CARROTS	2
CHERRY TOMATOES	1 packet (200g)
ROSEMARY SPRIGS	2
BEEF RUMP STEAKS	600g
BROCCOLI	1
MUSTARD	1 jar (23g)

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), salt, pepper, dried thyme, white or rice wine vinegar, 1/2 stock cube (beef or other), cornflour (or other)

KEY UTENSILS

oven tray, frypan

NOTES

Leave the peel on the pumpkin for quicker prep time and more nutrients and fibre!

Steam or blanch the broccoli instead if preferred.

No beef option - beef rump steaks are replaced with chicken breast fillets. Increase cooking time to 6-8 minutes on each side or until cooked through.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Dice pumpkin (see notes), roughly chop spring onions and carrots. Toss on lined oven tray with cherry tomatoes, **1 tsp thyme, oil, salt and pepper**. Roast for 20-25 minutes until golden and tender.



2. COOK THE STEAKS

Finely chop rosemary. Toss steaks with 1 tsp rosemary, **oil, salt and pepper**. Heat a large frypan over high heat, add steaks and cook for 3-4 minutes on each side or until cooked to your liking. Set aside to rest, reserve frypan.



3. COOK THE BROCCOLI

Cut broccoli into florets. Toss with **oil, salt and pepper**. Add to vegetable tray for the last 5 minutes of cooking (see notes).



4. MAKE THE GRAVY

Whisk together **3 tsp cornflour**, mustard, 1 tsp rosemary, **2 tsp vinegar, 1/2 stock cube and 1 1/2 cups water**. Pour into frypan and whisk over high heat until thickened. Season to taste with **salt and pepper**.



5. RETURN THE STEAKS

Return steaks and any steak juices to the gravy and turn to coat.



6. FINISH AND PLATE

Serve steaks with roasted vegetables and rosemary mustard gravy on the side.