

**Product Spotlight:
Thyme**

To quickly remove thyme leaves, place your fingers at the bottom of the stem, hold it upside down and firmly slide the leaves down.



Beef Steaks with Garlic Thyme Sauce and Parsnip Chips

Beef steaks served over creamy mash potato, with tangy thyme-roasted cherry tomatoes, crispy parsnip chips and a delectable roasted garlic and thyme pan sauce.



35 minutes



2 servings



Beef

Parsnips!

To thinly slice the parsnips, use a mandolin or the sharpest knife in your kitchen. Alternatively, skip the chips and roughly chop the parsnip and add to potatoes for a bulkier mash.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	8g	84g

FROM YOUR BOX

MEDIUM POTATOES	3
PARSNIP	1
GARLIC	1 bulb
CHERRY TOMATOES	200g
THYME	1 packet
BEEF STEAKS	300g
SHALLOT	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, stock cube of choice

KEY UTENSILS

frypan, saucepan, oven tray, oven dish

NOTES

Peel potatoes if desired. Add milk, cream, butter or olive oil for extra flavour.

We recommend cooking the tomatoes separately to the parsnips as the liquid from the tomatoes may compromise the parsnip's ability to crisp up.

For an unctuous finish to your sauce, add 2 tsp butter at the end and stir to combine.



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1. BOIL & MASH POTATOES

Set oven to 220°C.

Roughly chop potatoes (see notes). Add to a saucepan and cover with plenty of water. Bring to a boil and simmer for 15 minutes or until tender. Reserve **1/2 cup cooking liquid** then drain. Return potatoes to saucepan along with reserved cooking liquid. Mash to desired consistency. Season with **salt and pepper**.



4. COOK THE STEAK

Coat steaks with **oil, salt and pepper**. Heat a frypan over medium-high heat. Add steaks and cook for 2-4 minutes each side until cooked to your liking. Remove from pan to rest and keep pan over heat (see step 5).



2. ROAST THE PARSNIP

Thinly slice parsnip. Toss on a lined oven tray with **oil, salt and pepper**. Halve garlic and add to oven tray cut-side down. Drizzle with **oil** to coat. Roast for 15-20 minutes until garlic is soft and parsnip is golden.



5. MAKE THE SAUCE

Dice shallot and add to pan (add extra **oil** if needed). Cook for 1-2 minutes until softened. Squeeze roasted garlic into pan and add remaining thyme leaves, **crumbled stock cube** and **3/4 cup water**. Simmer for 2 minutes. Season to taste with **salt and pepper** (see notes).



3. ROAST THE TOMATOES

Toss cherry tomatoes in a lined oven dish (see notes) with 1/2 bunch thyme, **oil, salt and pepper**. Roast for 10-15 minutes until bursting.



6. FINISH AND SERVE

Divide mash among plates. Serve with steak and cherry tomatoes. Spoon over sauce and top with parsnip chips.

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