



Product Spotlight: Brussels Sprouts


Brussels sprouts are full of health benefits; they help lower cholesterol, balance hormone levels, improve digestion, protect the heart and aid the immune system.



Beef Steaks with Wild Mushroom Sauce

Beef steaks cooked to your liking, served with rosemary roasted vegetables and an earthy, creamy, flavourful wild mushroom sauce.

 30 minutes

 2 servings

 Beef

Blend it!

If you want to be extra fancy, use a stick mixer or small blender to blend mushroom sauce to smooth consistency.

Per serve: **PROTEIN** 45g **TOTAL FAT** 28g **CARBOHYDRATES** 40g

FROM YOUR BOX

MEDIUM POTATOES	3
FOREST MUSHROOMS	1 packet
DUTCH CARROTS	1 bunch
BRUSSELS SPROUTS	100g
ROSEMARY	1 sprig
BEEF STEAKS	300g
SHALLOT	1
GARLIC	1 clove
SOUR CREAM	1 tub

FROM YOUR PANTRY

oil for cooking, butter, salt, pepper, soy sauce (or tamari)

KEY UTENSILS

frypan, oven tray, kettle

NOTES

For perfectly crispy on the outside, fluffy on the inside roasted potatoes, boil chopped potatoes in salted water until tender. Drain well then roast.



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1. ROAST THE POTATOES

Set oven to 220°C.

Roughly chop **potatoes** (see notes) and toss on a lined oven tray with **oil, salt and pepper**. Roast for 15 minutes (see step 3).



2. PREPARE THE MUSHROOMS

Place **forest mushrooms** in a small bowl and cover with at least **1 cup hot water** until submerged. Set aside.



3. ADD REMAINING VEGGIES

Trim and scrub **Dutch carrots**. Halve **Brussels sprouts** and finely chop **rosemary leaves**. Add to oven tray. Toss with **oil, salt and pepper** and roast for further 10 minutes until tender and **potatoes** are golden.



4. COOK THE STEAKS

Heat a frypan over medium-high heat. Coat **steaks** with **oil, salt and pepper**. Add to pan and cook for 2-4 minutes each side until cooked to your liking. Set aside to rest and keep pan over heat.



5. MAKE THE SAUCE

Finely slice **shallot** and crush **garlic**. Add to reserved pan along with **1 tbsp butter**. Sauté for 3 minutes until **shallot** has softened. Reserve **1/4 cup mushroom liquid** and drain. Add to pan along with **sour cream, 1 tbsp soy sauce** and **2-3 tbsp mushrooms water**. Simmer for 2-3 minutes. Take off heat.



6. FINISH AND SERVE

Divide **roasted vegetables** among plates along with **steaks**. Spoon over **mushroom sauce**.

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**

