



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	TOTAL FAT	CARBOHYDRATES
	49g	16g	98g

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 CLOVE	1
SOUR CREAM	1 tub

FROM YOUR PANTRY

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

KEY UTENSILS

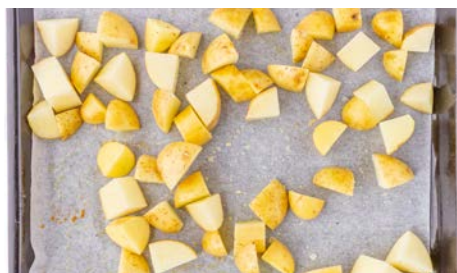
frypan, oven tray, kettle

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).



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.



2. PREPARE THE MUSHROOMS

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



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.



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 a further 10 minutes until tender and potatoes are golden.



6. FINISH AND SERVE

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

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