



### 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



4 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
	33g	18g	46g

## FROM YOUR BOX

MEDIUM POTATOES	4
PARSNIPS	2
GARLIC BULB	1
CHERRY TOMATOES	2 x 200g
THYME	1 packet
BEEF STEAKS	600g
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.

Chop **potatoes** and add to a saucepan 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 pan with reserved liquid and mash. Season well with **salt** and **pepper** (see notes).



## 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 **parsnips**. 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 **1 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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