

**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



4/6 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
4/6 Person:	46g	31g	62g

FROM YOUR BOX

	4 PERSON	6 PERSON
MEDIUM POTATOES	1kg	1.5kg
PARSNIPS	2	3
GARLIC BULB	1	1
CHERRY TOMATOES	2 x 200g	3 x 200g
THYME	1 packet	1 packet
BEEF STEAKS	600g	600g + 300g
SHALLOT	1	2

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 saucepan with plenty of **water**. Bring to boil and simmer for 15 minutes or until tender. Reserve **1 cup cooking liquid**, then drain. Return 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 in **roasted garlic** and add **1-2 tbsp thyme leaves, crumbled stock cube** and **1 cup water**. Simmer for **2 minutes**. Season with **salt and pepper** to taste (see notes).

6P – add 1 1/2 cups water.



3. ROAST THE TOMATOES

Toss **cherry tomatoes** in a lined oven dish (see notes) with **1/2 packet 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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