



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 a earthy, creamy, flavourful wild mushroom sauce.



30 minutes



4/6 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** 47g **TOTAL FAT** 24g **CARBOHYDRATES** 45g

FROM YOUR BOX

	4 PERSON	6 PERSON
POTATOES	800g	1.2kg
FOREST MUSHROOMS	1 packet	2 packets
DUTCH CARROTS	1 bunch	2 bunches
BRUSSELS SPROUTS	300g	300g + 100g
ROSEMARY	2 sprigs	2 sprigs
BEEF STEAKS	600g	600g + 300g
SHALLOT	1	2
GARLIC CLOVES	2	3
SOUR CREAM	1 tub	2 tubs

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.

6P - cover forest mushrooms with **1 1/2 cup hot water**.



5. MAKE THE SAUCE

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

6P - use 2 tbsp soy.



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.



6. FINISH AND SERVE

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

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