



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: CHIVES

Any leftover chives are delicious in a breakfast omelette! Store chives in a plastic bag or container, wrapped in damp paper or kitchen towel to prevent it from dehydrating.



# 1. SPEEDY GOULASH

Traditional goulash flavour of paprika in a speedy form using beef mince and lots of vegetables for a hearty winter feed.

 20 Minutes

 4 Servings

20 April 2020

## FROM YOUR BOX

BEEF MINCE	600g
BROWN ONION	1
RED CAPSICUM	1
ZUCCHINI	1
TOMATO CHUTNEY	1 jar
TOMATO PASTE	1 sachet
DICED ROOT VEG (MIXED)	1 bag (500g)
CHIVES	1/2 bunch *
DINNER ROLLS	4-pack

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

salt, pepper, ground paprika, dried oregano

## KEY UTENSILS

large pan with lid

## NOTES

Warm rolls for a few minutes in the oven if you like!

**No beef option - beef mince is replaced with chicken mince.** Increase flavour by adding a stock cube at step 3.

**No gluten option - bread is replaced with GF bread.**



### 1. BROWN & SEASON THE MINCE

Heat a large pan over high heat. Add beef mince and cook for 5-7 minutes, or until browned and 'dry'. Break up lumps with a wooden spoon. Season with **1 tbsp paprika, 1 1/2 tsp oregano, salt and pepper.**



### 2. ADD ONION & CAPSICUM

Dice onion and capsicum, add to pan.



### 3. SIMMER THE GOULASH

Grate (or dice) zucchini, add to pan with tomato chutney, tomato paste, diced root vegetables and **3 cups water**. Simmer, covered, for 10-15 minutes.



### 4. FINISH AND SERVE

Season the goulash with **salt and pepper** to taste. Serve in bowls topped with chopped chives with a side of dinner rolls.

How did the cooking go? We'd love to know - help us by sharing your thoughts!

Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

