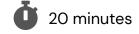




Steak & Wedges

with Stroganoff Sauce

Golden sweet potato wedges served with tender beef steaks, steamed broccoli florets and a creamy stroganoff mushroom sauce.





2 servings



Mix it up!

Slice beef and stir through the sauce. Perfect served over pasta, rice or mash too!

FROM YOUR BOX

SWEET POTATOES	400g
THYME	1 packet
BEEF RUMP STEAKS	300g
BROWN ONION	1
GARLIC CLOVE	1
MUSHROOMS	1 packet (100g)
TERIYAKI SAUCE	20ml *
BROCCOLI	1/2 *
SOUR CREAM	1/2 tub (100g)

FROM YOUR PANTRY

olive + oil/butter for cooking, salt, pepper, smoked paprika, mustard (seeded or dijon)

KEY UTENSILS

oven tray, frypan, pan with lid

NOTES

Add broccoli to tray to roast if you prefer!

Any leftover sour cream is great to use for dips or added to a pasta dish!

No gluten option - Teriyaki sauce is replaced with GF Teriyaki sauce. Use to taste.

No beef option - beef rump steaks are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side or until cooked through.



1. ROAST THE SWEET POTATO

Set oven to 220°C.

Cut sweet potatoes into wedges, toss with oil, salt and 1/2 packet thyme on a lined oven tray. Roast for 16-18 minutes or until golden and tender.



2. COOK THE STEAKS

Heat a frypan over medium-high heat. Rub steaks with **oil**, **salt** and 1 tbsp fresh thyme (to taste). Add to pan and cook for 3 minutes on each side. Set aside on a plate to rest, keep pan over medium heat.



3. MAKE THE SAUCE

Slice onion and crush garlic. Add to pan (after steaks) with more oil/butter and cook for 2-3 minutes. Slice and add mushrooms, 1/2 tsp smoked paprika, 1 tsp mustard and 1 tbsp teriyaki sauce. Cook until soft, add in 1-2 tbsp thyme leaves.



4. STEAM THE BROCCOLI

Meanwhile, cut broccoli into florets and place in a pan with **2 tbsp water**. Cover and cook for 2–3 minutes or to your liking. Drain and transfer to a serving bowl, drizzle with **clive oil** and season with **salt**.



5. FINISH THE SAUCE

Stir in 1/2 tub sour cream and 1/4 cup water to mushrooms. Simmer for 3-4 minutes and season to taste with salt and pepper.



6. FINISH AND SERVE

Return steaks to pan (optional).

Serve steaks and stroganoff sauce with sweet potato wedges and broccoli.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au





^{*}Ingredient also used in another recipe