



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Mushrooms


Adding mushrooms is a great way to boost the protein of the dish. Mushrooms are also one of the few natural food sources of vitamin D which is great for strong healthy teeth and bones!



2 **Steak & Wedges** with Stroganoff Sauce

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

 25 minutes

 4 servings

 Beef

17 August 2020

Mix it up!

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

FROM YOUR BOX

SWEET POTATOES	800g
THYME	1 packet
BEEF RUMP STEAKS	600g
BROWN ONION	1
GARLIC CLOVES	2
SLICED MUSHROOMS	1 punnet (200g)
TERIYAKI SAUCE	40ml *
BROCCOLI	1
SOUR CREAM	1 tub (200g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

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

KEY UTENSILS

oven tray, large frypan, pan with lid

NOTES

Add broccoli to tray to roast if you prefer!

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 of thyme on a lined oven tray. Roast for 20 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 leaves (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. Stir in mushrooms, **1 tsp smoked paprika, 2 tsp mustard** and 1 1/2 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 **1/4 cup water**. Cover and cook for 2-3 minutes or to your liking. Drain and transfer to a serving bowl, drizzle with **olive oil** and season with **salt**.



5. FINISH THE SAUCE

Stir in sour cream and **1/3 tub 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**

