



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.

 20 minutes

 2 servings

 Beef

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*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)

*\*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, 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 **olive 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](mailto:hello@dinnertwist.com.au)

