



Product Spotlight: Brussels Sprouts

Pan frying brussels sprouts brings out their sweet, almost nutty flavour and keeps them crisp meaning kids (and big kids) are more likely to enjoy them!



4 Beef Steaks with Celeriac Mash

Pan fried beef steaks served on a bed of creamy mashed root vegetables, with onion gravy drizzled over the top and sautéed broccolini and brussels sprouts.

 30 mins

 2 servings

 Beef

23 April 2021

Switch it up!

Instead of making mash with the root vegetables, you could dice them and roast in the oven at 220°C for 20-25 minutes then crumble the cheese over the top.

Per serve: **PROTEIN** 63g **TOTAL FAT** 46g **CARBOHYDRATES** 45g

FROM YOUR BOX

CELERIAC BULB	1
POTATO	1
GOATS CHEESE	1/2 packet *
PARSLEY	1/2 bunch *
BROWN ONION	1
BEEF STEAKS	300g
BRUSSELS SPROUTS	150g
BROCCOLINI	1 bunch

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, salt and pepper, 1/2 stock cube, cornflour, rice wine vinegar

KEY UTENSILS

2 large frypans, saucepan

NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.

No beef option – steaks are replaced with skin on chicken breast. Increase cooking time to 4-5 minutes on each side, cooking skin side down first, or until cooked through.



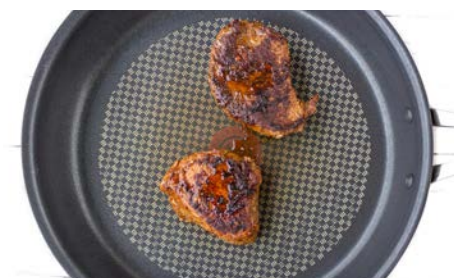
1. COOK THE MASH

Dice the celeriac and potato. Add to a saucepan and cover with water. Bring to a boil and cook for 10-15 minutes until tender. Drain and mash with **2 tbsp butter or oil**, goats cheese, roughly chopped parsley and **salt and pepper** until smooth.



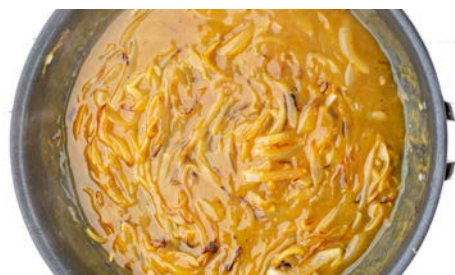
2. COOK ONION GRAVY

Meanwhile, heat a frypan over medium heat with **2 tbsp oil**. Slice onions, add to pan as you go. Cook for 10 minutes until caramelised (see step 4).



3. COOK THE STEAKS

Coat the steaks in **oil, salt and pepper**. Heat a second frypan over medium-high heat, cook steaks for 3-4 minutes on each side or until cooked to your liking. Remove from pan to rest.



4. FINISH ONION GRAVY

In a jug whisk together **1/2 crumbled stock cube**, **1 tbsp cornflour**, **2 tbsp rice wine vinegar** and **1 1/4 cup water**. Pour into onions and simmer for 5 minutes until thickened. Stir through resting juices from steak and season with **salt and pepper**.



5. SAUTÉ THE VEGETABLES

Cut the brussels sprouts in half, trim the broccolini and chop in thirds. Wipe frypan clean from steaks and reheat over medium heat with **oil**. Add vegetables and sauté for 4-5 minutes, season with **salt and pepper**.



6. FINISH AND PLATE

Divide mash evenly among plates. Top with steak and onion gravy, serve with vegetables.

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

