



DINNER TWIST  
LOCAL. HEALTHY. DELIVERED



### Product Spotlight: Pear

Pears are best eaten with their skin on, as the skin contains an abundance of beneficial nutrients!



## 4 Beef Steaks with Mushroom Gravy

Grass-fed beef steaks served with rosemary and mushroom gravy and roast vegetables with honey.

 30 mins

 2 servings

 Beef

30 July 2021

Per serve: **PROTEIN** 43g **TOTAL FAT** 15g **CARBOHYDRATES** 53g

## FROM YOUR BOX

|                  |             |
|------------------|-------------|
| BRUSSELS SPROUTS | 150g        |
| PARSNIP          | 1           |
| DUTCH CARROTS    | 1 bunch     |
| BEEF STEAK       | 300g        |
| MUSHROOMS        | 200g        |
| ROSEMARY         | 1/2 sprig * |
| GARLIC CLOVE     | 1           |
| PEAR             | 1           |

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt and pepper, flour (of choice), honey

## KEY UTENSILS

frypan, oven tray

## NOTES

If preferred, whisk together the flour and water in a separate jug before adding to the frypan.

If you enjoy a little spice, we recommend adding 1/2 tsp dried chilli flakes to the vegetables.

**No beef option – beef steaks are replaced with chicken breast.** Increase cooking time to 8–10 minutes on each side or until cooked through.



### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Cut Brussels sprouts in half, quarter parsnip, trim dutch carrots. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 15–20 minutes.



### 2. COOK THE STEAKS

Heat a large frypan over medium–high heat. Coat steak in **oil**, 1 tsp chopped rosemary, **salt and pepper**. Add to frypan and cook for 3–5 minutes each side, or until cooked to your liking. Remove from the pan to rest.



### 3. COOK MUSHROOMS

Reheat frypan over medium–high heat with **butter** (or oil if you prefer). Slice mushrooms and add to pan as you go with remainder chopped rosemary and 1 crushed garlic clove. Cook, stirring, for 3–5 minutes.



### 4. MAKE THE GRAVY

Add **1 tbsp flour and 1 cup water** to the frypan, whisk to combine (see notes). Simmer until thickened, season with **salt and pepper**.



### 5. DRESS VEGETABLES

In a large bowl, whisk together **1 tbsp olive oil and 1 tsp honey** (see notes). Slice pear and add to bowl along with roasted vegetables. Toss until well coated.



### 6. FINISH AND PLATE

Slice the steak and serve on plates with honey vegetables. Spoon the mushroom gravy over the steak.

**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**

