



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	TOTAL FAT	CARBOHYDRATES
	43g	15g	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**

