



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



4 servings



Beef

30 July 2021

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	14g	42g

## FROM YOUR BOX

BRUSSELS SPROUTS	300g
PARSNIPS	3
DUTCH CARROTS	1 bunch
BEEF STEAKS	600g
MUSHROOMS	200g
ROSEMARY	1/2 sprig *
GARLIC	1 clove
PEARS	2

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

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

## KEY UTENSILS

large 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.

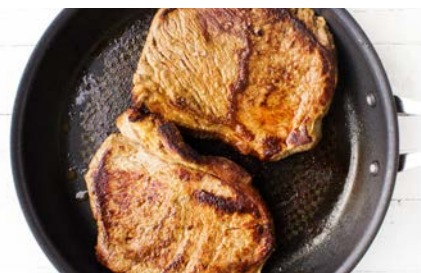
**No beef option – beef steaks are replaced with chicken breast.** Increase cooking time to 8-10 minutes on each side or until cooked through.



### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Cut Brussels sprouts in half, quarter parsnips, 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 steaks in **oil**, 2 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 **2 tbsp olive oil and 1/2 tbsp honey** (see notes). Slice pears and add to bowl, along with roasted vegetables. Toss until well coated.



### 6. FINISH AND PLATE

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

**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**

