



DINNER TWIST  
LOCAL. HEALTHY. DELIVERED



## Outback Beef Stew

A hearty, family-style beef stew with root vegetables, tender beef mince, and lentils, simmered in a rich broth. Finished with a bright squeeze of lemon for a fresh twist.



30 minutes



4/6 servings



Beef

## FROM YOUR BOX

	4 PERSON	6 PERSON
BEEF MINCE	600g	600g + 300g
BROWN ONION	1	1
PARSNIP	1	2
MEDIUM POTATOES	3	4
CARROTS	2	3
CELERY STALK	1	2
TOMATO PASTE	1 sachet	2 sachet
TINNED LENTILS	400g	2 x 400g
LEMON	1	2

## FROM YOUR PANTRY

oil for cooking, salt and pepper, stock cube (of choice), flour of choice

## NOTES

Want to slow cook it? Reduce water to 2 cups in Step 3 and cook in a slow cooker on low for 3–4 hours.

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## 1. BROWN THE BEEF

Heat saucepan or large frypan over medium–high heat with **oil**. Add **beef mince**, cook 5 minutes until browned, breaking up as you go. Season with **salt and pepper**. Remove from pan, set aside.

**TIP** *Start dicing vegetables as the beef cooks to save time.*

## 2. SAUTÉ THE VEGETABLES

Peel and dice **onion, parsnip, potatoes** and **carrots** (2cm). Slice **celery**. Add to pan with **seasoning** (see tip), cook 6–8 minutes until softened.

**TIP** *We seasoned the stew with 1 tbsp ground cumin and 1 tbsp ground paprika. You can add dried thyme, rosemary, garlic or use a pre-made stew mix.*

## 3. SIMMER THE STEW

Stir in **2 tbsp flour, tomato paste, 1 crumbled stock cube**, and **1.2L water**. Bring to boil, reduce to simmer for 10 minutes or until vegetables are tender. Return **beef mince** to pan with drained **lentils**, simmer for 5 minutes.

**6P – stir in 3 tbsp flour, tomato paste, 1 crumbled stock cube and 1.6L water.**

**TIP** *Use stock paste or liquid stock instead of cube if preferred.*

## 4. FINISH AND SERVE

Zest **lemon**, set aside. Squeeze in **juice of 1/2 lemon** (wedge remaining). Season with **salt and pepper** to taste. Divide stew among bowls, garnish with lemon zest, serve with **lemon wedges**.

**6P – squeeze in juice of 1 lemon (wedge remaining).**

**TIP** *Add chopped parsley or sliced chives for colour and freshness.*

**This recipe has simplified instructions to help lower your meal cost.**