



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Urban Forager Stock

Urban Forager chicken stock concentrate uses 100% Australian ingredients, is locally produced and is made with real vegetables!



1 Speedy Family Goulash

Traditional goulash in a speedy form using beef mince for a hearty autumn dinner meal. Served with a side of seeded dinner rolls and a homemade garlic & thyme spread.

 20 minutes

 2 servings




 Beef

7 May 2021

Make Sliders!

Make beef patties flavoured with thyme and 1 tsp stock paste. Grill, then serve in the rolls with caramelised onion and sprouts. Serve with a side of potato wedges!

FROM YOUR BOX

BEEF MINCE 	300g
BROWN ONION	1/2 *
GARLIC CLOVES	2
TOMATO PASTE	1 sachet
THYME	1/2 packet *
STOCK PASTE	1/2 jar *
MEDIUM POTATOES	2
CHOPPED TOMATOES	400g
PHILADELPHIA CHEESE	1/2 tub (70g) *
DINNER ROLLS	2-pack
ALFALFA SPROUTS	1/3 punnet *
 CAPSICUM STRIPS	1
 BUTTER BEANS	400g

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground paprika


KEY UTENSILS

large frypan with lid

NOTES

No beef option - beef mince is replaced with **chicken mince**. Increase cooking time to 4-5 minutes or until cooked through.

No gluten option - bread is replaced with **GF bread**.

 **VEG OPTION** - Ingredients are replaced with **vegetarian alternatives** - follow the **cooking instructions as directed**.



1. BROWN THE MINCE

Set oven to 180°C (optional, step 5). Heat a large pan with **oil** over high heat. Add beef mince to cook, chop and add onion and 2 crushed garlic cloves. Cook for 3-4 minutes until browned, breaking up lumps with a spoon.

 **VEG OPTION** - Sauté onion and 1 garlic clove for 3 minutes until soft.




4. MAKE THE SPREAD

Mash together Philadelphia cheese with 1 tbsp thyme leaves, 1 small crushed garlic clove, **salt and pepper** using a fork.



2. ADD THE AROMATICS


Stir in tomato paste, **1/2 tbsp paprika**, thyme leaves from 1/4 packet and 1/2 jar of stock paste. Dice and add potatoes.

 **VEG OPTION** - Cook as above adding **drained capsicum strips**.



5. WARM THE BREAD

Halve bread rolls and warm in the oven for 4-5 minutes (if desired).

 **VEG OPTION** - Warm bread as above. Stir in **drained butter beans to stew and season to taste with salt and pepper**.




3. SIMMER THE GOULASH

Pour in chopped tomatoes and **1 cup water**. Bring to the boil and simmer, covered, for 12-15 minutes or until potatoes are tender.



6. FINISH AND SERVE

Season goulash with **salt and pepper**. Serve in bowls with a side of bread rolls and spread. Top with sprouts and any remaining thyme leaves.

 **VEG OPTION** - Serve **veggie goulash in bowls with a side of bread rolls and spread. Top with sprouts and any remaining thyme leaves**.

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**

