



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

 4 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 	600g
BROWN ONION	1
GARLIC CLOVES	3
TOMATO PASTE	1 sachet
THYME	1/2 packet *
STOCK PASTE	1/2 jar *
POTATOES	600g
CHOPPED TOMATOES	2 x 400g
PHILADELPHIA CHEESE	1/2 tub (70g) *
DINNER ROLLS	4-pack
ALFALFA SPROUTS	1/2 punnet *
 CARROTS	2
 CAPSICUM STRIPS	100g
 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 for 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 2 garlic cloves 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 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 **sliced carrots and 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 **2 cups 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**.

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