



DINNER TWIST
LOCAL, HEALTHY, DELIVERED





Product Spotlight: Brussels sprouts

The vegetable many people love to hate! Brussels sprouts are packed with nutrients with 1 cup giving you the daily requirement for both vitamin C and K.



3 Beef & Gravy with Roasted Veggies

Thyme roasted parsnips, potatoes and brussels sprouts served with beef steaks and gravy. Scattered with baby capers.

 20 minutes  2 servings  Beef

13 July 2020

FROM YOUR BOX

PARSNIP	1
MEDIUM POTATOES	2
BRUSSELS SPROUTS	1 packet (150g)
THYME	1/2 packet *
BEEF RUMP STEAKS	300g
SHALLOT	1
BABY CAPERS	1/2 jar *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, salt, pepper, cornflour, 1/2 stock cube of choice

KEY UTENSILS

oven tray, frypan

NOTES

If you prefer, use the potatoes and parsnips to make a mash instead. Quarter and pan-fry the brussels sprouts and serve with the steaks and gravy.

If you're not a fan of roasted brussels sprouts you can thinly shred them and dress with oil and vinegar instead.

No beef option - beef rump steaks are replaced with chicken schnitzels. Increase cooking time as needed to ensure chicken is cooked through.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Chop parsnip and potatoes, quarter brussels sprouts. Toss with thyme sprigs from 1/4 packet, **oil and salt**. Roast for 20 minutes in the upper part of the oven, or until golden and tender.



4. MAKE THE GRAVY

Mix **3 tsp cornflour** with **1 cup water**. Crumble in **1/2 stock cube** and simmer for 3-4 minutes. Adjust seasoning with **pepper** to taste.



2. COOK THE STEAKS

Heat a frypan over medium-high heat.

Rub beef steaks with **oil, salt and pepper**. Cook for 3 minutes on each side or until cooked to your liking. Set aside to rest, keep pan over medium heat.



5. FINISH AND SERVE

Serve roasted veggies with steaks and gravy. Scatter over baby capers to taste.



3. SAUTÉ THE SHALLOT

Slice shallot and pick (or chop) thyme leaves from 1/4 packet. Add to pan with **2 tbsp butter (or oil)**. Cook for 2-3 minutes or until softened.

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**

