



Product Spotlight: Parsnips

It's no coincidence that parsnips look like carrots; the two veggies are close cousins. They are also related to parsley, celery, cumin and dill.



Beef Steaks with Chive Butter and Root Veg Mash

Grass-fed beef steaks cooked with dried thyme and served with root vegetable mash, grilled greens, and delicious chive and chilli butter.



30 minutes



4 servings



Beef

12 May 2023

Switch it up!

Add the broccoli to the mash to make a super green mash! Cook the spring onions in the pan with the steaks.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	25g	47g

FROM YOUR BOX

MEDIUM POTATOES	800g
PARSNIPS	3
CHIVES	1 bunch
BEEF STEAKS	600g
BROCCOLI	1
SPRING ONIONS	1 bunch

FROM YOUR PANTRY

oil for cooking, olive oil, butter, salt, pepper, dried thyme, chilli flakes

KEY UTENSILS

frypan, griddle pan, large saucepan

NOTES

Use a vegetable peeler to peel ribbons of butter from the block or grate it to help it soften quickly.

Add some crushed garlic to the greens for extra flavour.

Substitute the cooking liquid and olive oil for milk and butter in your mash for a richer, creamier finish.



1. BOIL THE VEGETABLES

Roughly chop potatoes and parsnips. Add to a large saucepan and cover with water. Cover and bring to a boil. Cook for 10-15 minutes until vegetables are tender.



2. MAKE THE CHIVE BUTTER

Use a fork to combine **50g butter** with chopped chives (use to taste) and **1 tsp chilli flakes** (see notes). Season with **salt and pepper**.



3. COOK THE STEAKS

Heat a frypan over medium-high heat. Coat steaks in **oil**, **1 tbsp thyme**, **salt and pepper**. Add to pan and cook for 2-4 minutes each side or until cooked to your liking. Set aside to rest.



4. GRILL THE GREENS

Heat a griddle pan over medium-high heat. Cut broccoli into florets and trim some green tops off spring onions (set aside for step 6). Toss in **oil** (see notes) to coat well. Add to pan and grill for 2-4 minutes each side until charred. Season with **salt and pepper**.



5. MASH THE VEGETABLES

Reserve **3/4 cup cooking liquid**. Drain vegetables and return to pan. Add reserved cooking liquid and **2 tbsp olive oil** (see notes). Mash to desired consistency and season with **salt and pepper**.



6. FINISH AND SERVE

Finely slice reserved spring onion green tops.

Serve mash, vegetables and steak on plates. Spoon chive butter on steak and garnish with spring onion green tops.



Scan the QR code to
submit a Google review!

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**

