



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: CHIVES

Any leftover chives are delicious in a breakfast omelette! Store chives in a plastic bag or container, wrapped in damp paper or kitchen towel to prevent it from dehydrating.



1. SPEEDY GOULASH

Traditional goulash flavour of paprika in a speedy form using beef mince and lots of vegetables for a hearty winter feed.

 20 Minutes

 2 Servings

20 April 2020

FROM YOUR BOX

BEEF MINCE	300g
RED ONION	1/2 *
RED CAPSICUM	1/2 *
ZUCCHINI	1/2 *
TOMATO CHUTNEY	1 jar
TOMATO PASTE	1 sachet
DICED ROOT VEG (MIXED)	1 bag (250g)
CHIVES	1/2 bunch *
DINNER ROLLS	2-pack

* Ingredient also used in another recipe

FROM YOUR PANTRY

salt, pepper, ground paprika, dried oregano

KEY UTENSILS

pan with lid

NOTES

Warm rolls for a few minutes in the oven if you like!

No beef option - beef mince is replaced with chicken mince. Increase flavour by adding a stock cube at step 3.

No gluten option - bread is replaced with GF bread.



1. BROWN & SEASON THE MINCE

Heat a pan over high heat. Add beef mince and cook for 5 minutes, or until browned and 'dry'. Break up lumps with a wooden spoon. Season with **3 tsp paprika, 1 tsp oregano, salt and pepper.**



2. ADD ONION & CAPSICUM

Dice onion and capsicum, add to pan.



3. SIMMER THE GOULASH

Grate (or dice) zucchini, add to pan with tomato chutney, tomato paste, diced root vegetables and **2 cups water**. Simmer, covered, for 10-15 minutes.



4. FINISH AND SERVE

Season the goulash with **salt and pepper** to taste. Serve in bowls topped with chopped chives with a side of dinner rolls.

How did the cooking go? We'd love to know - help us by sharing your thoughts!
Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

