



Product Spotlight: Parsnips

Parsnips are a great source of soluble fibre, which is important for our digestive process because it helps with the healthy movement of food through the digestive tract.



Pangrattato Beef Steaks with Parsnip Mash

Juicy beef steaks topped with crispy pangrattato of parsley, garlic and golden crumbs. Served with creamy parsnip mash and roasted vegetables to create a dish with punchy flavours and plenty of texture.



35 minutes



2 servings



Beef

Jazz it up!

Add some parmesan cheese to the roast vegetables or some browned butter to the parsnip mash to elevate the dish. Serve the steaks with some horseradish if you like a little heat!

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	43g	14g	64g

FROM YOUR BOX

MEDIUM POTATOES	3
PARSNIPS	3
BRUSSELS SPROUTS	200g
DUTCH CARROTS	1 bunch
PANKO CRUMBS	40g
PARSLEY	1 packet
GARLIC CLOVE	1
BEEF STEAKS	300g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, butter, dried thyme, chilli flakes (optional), honey or maple syrup, red wine vinegar

KEY UTENSILS

large frypan, saucepan, oven tray

NOTES

Blend parsnip mash with a stick mixer or blender for a smoother consistency.

You can use lemon juice instead of red wine vinegar for the pangrattato if you have some.

You can use milk or cream instead of water for an indulgent mash. Add a 1/4 tsp of ground nutmeg for flavour.

No gluten option – panko crumbs are replaced with GF breadcrumbs.



1. COOK ROOT VEGETABLES

Set oven to 220°C.

Peel and dice **potatoes** and **parsnips**. Add to a saucepan and cover with water. Bring to a boil and simmer for 12–15 minutes or until tender (continue at step 4).



2. ROAST THE VEGETABLES

Halve **Brussels sprouts**. Trim **Dutch carrots**. Toss on a lined oven tray with **1 tbsp maple syrup, olive oil, salt and pepper**. Roast for 15 minutes until tender.



3. PREPARE THE PANGRATTO

Finely chop **parsley** and crush **garlic**. Combine with **1 tbsp vinegar, 1/2 tsp chilli flakes** and **1 tbsp olive oil** (see notes). Heat a frypan over medium heat with **3 tbsp olive oil**. Toast **panko crumbs** until golden. Toss with parsley.



4. MASH THE PARSNIPS

Reserve **1/4 cup cooking water** before draining **potatoes** and **parsnips**. Mash together with **1 tbsp butter** and reserved water as needed (see notes). Season with **salt and pepper** to taste.



5. COOK THE STEAKS

Coat **beef steaks** with **1 tsp dried thyme, oil, salt and pepper**. Reheat frypan over high heat. Cook steaks for 2–4 minutes each side or until cooked to your liking.



6. FINISH AND SERVE

Slice **steaks** and divide over plates along with **parsnip mash** and **roast vegetables**. Spoon over **pangrattato** to taste.

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