

MARLEY SPOON



Sonoma County Pot Roast

with Root Veg Smash



30-40min



2 Portions

In anticipation of our fantastic California Dreaming competition to win a trip to gourmet food destination Sonoma County, we bring you this classic American beef pot roast. Brimming with vegetables and herbs, this rustic stew is pure comfort country cooking.

What we send

- can cherry tomatoes
- thyme, parsley, 2 garlic cloves and 1 celery stalk
- corn flour ¹⁷
- 1 onion, 250g desiree potatoes and 1 carrot
- chicken stock powder
- grass-fed beef stir-fry strips

What you'll require

- balsamic vinegar ¹⁷
- olive oil
- sea salt and pepper
- water

Utensils

- potato masher
- sieve

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

The leftover tomato liquid can be frozen for up to 3 months and used in a soup, stew or sauce.

Allergens

Sulphites (17). May contain traces of other allergens.

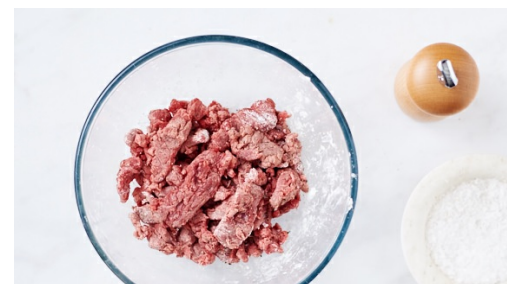
Nutrition per serving

Energy 560kcal, Fat 21.9g, Carbs 46.3g, Proteins 39.7g



1. Prepare ingredients

Finely chop or crush the **garlic**. Pick the **thyme** leaves, discarding the stems. Coarsely chop the **parsley** leaves and finely chop the stems. Cut the **celery** in half lengthwise, then cut into 2cm chunks. Finely chop the **onion**. Peel the **carrot** and **potatoes**, quarter lengthwise and cut into 2cm chunks.



2. Brown beef

Combine the **stock powder** with the **boiling water** (see staples list). Put the **beef** in a large bowl. Add the **cornflour**, season with **salt and pepper**, and toss to coat. Heat **half the oil** in a large deep frypan over high heat. Stir-fry the **beef**, in batches if required, for 2 mins or until lightly browned. Transfer to a bowl. Do not clean the pan.



3. Cook aromatics

Heat the **remaining oil** in the pan, then add the **garlic, thyme, parsley stems** and **onion**. Cook, stirring, for 2 mins or until softened. Add the **vinegar** and deglaze pan for 30 secs, scraping the bottom of the pan. Add **¼ cup (60ml) stock** and continue to scrape the pan. Add the **celery** and **carrot**, and cook, stirring, for a further 2 mins.



4. Add potatoes

Add the **remaining stock** and bring to the boil. Add the **potatoes** and reduce heat to medium. Drain the **cherry tomatoes** in a sieve, reserving the liquid for another use (see cooking tip). Cover pan with a lid and simmer for a further 12-15 mins until vegetables are tender.



5. Mash vegetables

Meanwhile, remove one-third of the carrot and potato with a slotted spoon and transfer to a bowl. Roughly mash the vegetables with a potato masher.



6. Get ready to serve

Return the **beef** to the pan. Add the mashed vegetables, **cherry tomatoes** and stir in **half the parsley leaves**. Season with **salt and pepper**. Cook for 2 mins or until warmed through. Divide among bowls and scatter over the **remaining parsley leaves** to serve.