

MARLEY SPOON



Southern-Style Steak

with Mushrooms and Spinach



20-30min



4 Portions

Add Texan flair to your midweek meal line-up with this Southern take on steak. Here, grass-fed beef flank marinated in smoky barbecue seasoning comes with buttery potatoes, sautéed mushrooms and wilted spinach. Pair it with a Bird in Hand Shiraz, available from Cellarmasters wine retailer and you're all set for dinner. Yee-ha!

What we send

- smokey BBQ seasoning ¹⁷
- beef rump steak
- potato
- baby spinach leaves
- mushroom

What you'll require

- butter ⁷
- Dijon mustard ¹⁷
- olive oil
- sea salt and pepper

Utensils

- large frypan
- large saucepan
- paper towel

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

Cooking tip

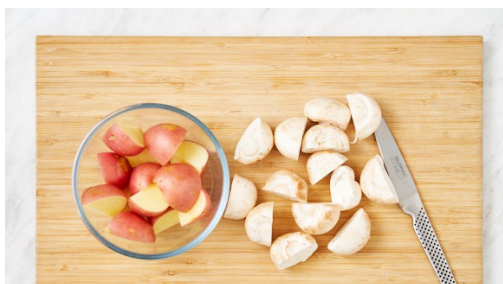
It's important the pan is very hot before adding the beef, otherwise it may stew slightly and become tough. To ensure tender beef, it's also important to slice steak against the grain.

Allergens

Milk (7), Sulphites (17). May contain traces of other allergens.

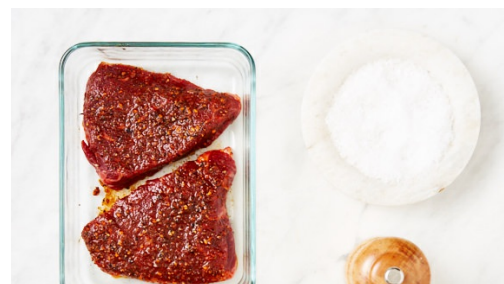
Nutrition per serving

Energy 510kcal, Fat 28.1g, Carbs 17.8g, Proteins 40.0g



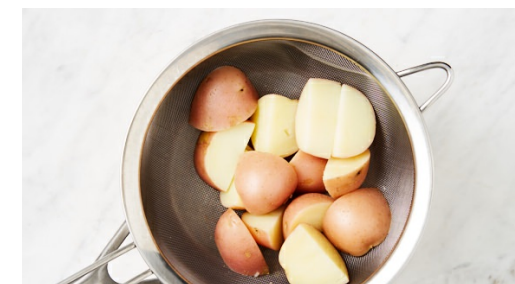
1. Prepare vegetables

Cut the **unpeeled potatoes** into 3-4cm chunks. Using paper towel, wipe any dirt from the **mushrooms** and halve any large ones.



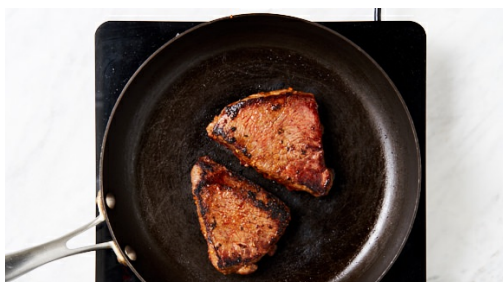
2. Marinate beef

Put **1 tbs smoky barbecue seasoning** (the remaining seasoning won't be used in this dish) and **1 tbs olive oil** in a bowl. Add the **steaks**, season with **salt and pepper** and turn to coat.



3. Cook potatoes

Put the **potato** in a large saucepan of salted water. Bring to the boil over medium-high heat and cook for 10-12 mins until tender. Drain, then return to the pan and cover to keep warm.



4. Cook beef

Meanwhile, heat a large frypan over high heat (see cooking tip). Reduce the heat to medium-high and cook the **beef** for 2-3 mins each side for medium-rare or until cooked to your liking. Remove from the pan and rest for 3 mins.



5. Cook vegetables

Heat **2 tbs olive oil** in the reserved pan over medium-high heat. Cook the **mushrooms**, tossing the pan, for 4-5 mins until golden. Add the **spinach** and cook for 1-2 mins until just wilted. Season with **salt and pepper** and remove from the heat.



6. Get ready to serve

Add **50g butter** to the **potato** in the pan, season with **salt** and toss to combine. Slice the **steaks** (see cooking tip). Divide the potato, **mushroom-spinach mixture** and steak among plates and serve with **Dijon mustard**, if desired.