



Deliciously Sweet Recipe Idea

Southland
Sweetness

Sweet, fresh & tasty parsnips from cool Southern climates



Casserole Beef with Parsnip Puree

So sweet. So fresh. So tasty!

*For deliciously healthy recipe ideas,
visit www.sosweet.co.nz*

*Proudly, passionately grown
and packed by:*



Casserole Beef with Parsnip Puree

Ingredients

- 2 tbsp vegetable or rice bran oil
- 900g beef casserole steak, (I use blade steak) trimmed, cut into 3cm pieces
- 2 large onions, halved, thinly sliced
- 2 large carrots, coarsely chopped
- 4 cloves garlic, peeled
- 1 oregano sprig, plus extra, to sprinkle
- 2 cups beef stock, plus 1 tablespoon extra
- 300g broccoli, cut into small florets
- 800g parsnips, peeled



Method

1. Preheat oven to 180°C/160°C fan-forced. Heat half the oil in a 2-litre (8-cup) ovenproof dish over high heat. Cook beef, in two batches, for 2 minutes or until seared. Transfer to a heatproof plate.
2. Add onion and carrot to dish; cook and stir for 5 minutes. Crush half the garlic. Add crushed garlic and oregano sprig; cook and stir for 30 seconds. Add stock.
3. Return beef to dish; bring to the boil. Cover with a tight-fitting lid or foil. Bake for 1 hour 30 minutes. Stir in broccoli. Bake, covered, for 5 minutes or until broccoli is tender. Remove from oven. Remove and discard oregano.
4. Quarter parsnips lengthways. Using a small sharp knife, remove woody centres. Chop coarsely. Steam parsnip with remaining garlic for 10-15 minutes or until tender.
5. Place in a heatproof bowl with remaining oil and extra stock. Using an electric stick mixer, puree until smooth.
6. Sprinkle casserole with extra oregano. Serve with parsnip puree.

So sweet. So fresh. So tasty!

For deliciously healthy recipe ideas,
visit www.sosweet.co.nz

Proudly, passionately grown
and packed by: