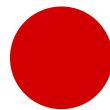




Rosemary Beef with Beans & Mixed Mushrooms



Our Chefs tips for cooking the steak: Always have the meat at room temperature. That way it'll be more tender. So if you can, take it out of the fridge for 30 minutes before cooking it. Then after it is cooked let it rest on a chopping board for 5 minutes before cutting it to let the juices spread back out in the steak. Enjoy!

Nutritional Info

Calories: 638 kcal
Carbohydrates: 24 g
Protein: 42 g
Fat: 41 g

Ingredients

- Irish Beef Steak
- Garlic
- Chestnut Mushrooms
- Shitake Mushrooms
- Banana Shallot
- Fresh Rosemary
- Canellini Beans
- Vegetable Stock Cube

Your Pantry

- Olive Oil
- Salt & Pepper

Allergens

Celery (Stock Cube - may also contain traces of Egg, Soya & Mustard)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) **Put the kettle on & let the beef rest**

Boil the kettle. You'll need some boiling water to make the stock later on. Ensure the steak is out of your fridge as soon as you think of it.

2) **Prepare the Ingredients**

Strip the rosemary leaves off the sprigs. Peel and finely slice the garlic. Slice the mushrooms. Peel and slice the shallot. Set all the ingredients aside.

3) **Cook the vegetables**

Place some olive oil in a pot on a low heat. Add the shallot, garlic, rosemary and mushrooms and cook for 5 minutes.

4) **Put the kettle on**

Dissolve the stock cube in approximately 100 ml of water per person.

5) **Add the cannellini beans**

Drain and wash the cannellini beans and add them to the pot with the garlic and shallot. Now add the stock to the pot. Simmer the beans in the stock for 10 minutes. While this is happening move on to the next step.

6) **Cook the steak**

Season the beef with salt and pepper. In a large pan with a little olive oil, fry the beef steak for about 3 minutes on each side turning occasionally. When the steak is finished, remove to a plate and cover with tin foil.

7) **Finish the dish**

When the steak has rested for a few minutes and the beans have cooked. Serve the steak on top of the beans and mushrooms and pour over any resting juices from the beef. Enjoy!



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