

Slow Cooked Feather Blade of Beef

**beef, red wine, mash,
glazed carrot, and
tenderstem broccoli.**



#000003

don't know what it is to
sauté? scan this code and
we'll give you a run down
on some terms chef's use
that might just impress
your friends!



A personal favourite, in your box you will find:

- A prepped and ready to go **Feather Blade** in all its sauce
- Your **mash**
- **Honey glazed carrot**
- **Tenderstem broccoli**

The best thing about this is we've done everything for you, preheat your oven to 200°C, whack the beef packet in one tray and into the oven for 20 mins, and your carrot in another and give it 10 minutes!

Once you've put the carrot in the oven, boil the kettle and empty your mash into a microwavable dish, heat for 3 minutes or until **piping hot**.

Pour the boiled kettle into a pan and **blanch** your tenderstem for 2 minutes. Now it's time to plate up your meal, admire just how beautiful this dish looks and tuck in!

Plating is down to you! You can make it look as fancy as you like or just thrown on a plate. We **supply the taste** you **supply the presentation**.

Words in green are defined at supplythetaste.com/stuck (qr code on the front) if you need a little help.