

# Salisbury Steak with Mushroom Gravy



4.81 from 56 votes

**Prep Time**

15 mins

**Cook Time**

15 mins

**Total Time**

30 mins

Resembling a hamburger, but drowning in a delicious mushroom gravy, Salisbury steak is a totally scrumptious way to transform the humble ground beef / mince into something amazing! My tips for making this extra delicious are to brown the Salisbury Steaks in a skillet, then finish cooking them IN the gravy. Extra flavour!

Course: Dinner

Cuisine: Western

Servings: 5

Calories: 411 kcal

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## Ingredients

- 1 tbsp olive oil
- 1 onion , finely chopped (white, brown or yellow)
- 2 garlic cloves , minced
- 5 oz/150g mushrooms , sliced

### Salisbury Steak

- 1 lb/500g ground beef (i.e. beef mince)
- 1/2 cup panko breadcrumbs (or 1/3 cup ordinary breadcrumbs)
- 1 egg
- 2 tbsp ketchup
- 1 beef bouillon cube , crumbled
- 1/2 tsp Worcestershire sauce
- 3 tsp dijon mustard OR 2 tsp dry mustard powder

### Gravy

- 2 tbsp unsalted butter
- 3 tbsp plain flour
- 2 cups beef stock
- 1 cup water
- 2 tsp dijon mustard
- 2 tsp Worcestershire sauce
- Salt and pepper

## Instructions

1. Heat the oil oil in a skillet over medium high heat. Add onion and garlic and cook for 2 minutes until onions are translucent. Remove half the onions into a large bowl.
2. Add the mushrooms into the skillet and cook mushrooms for 2 minutes. Transfer into a medium bowl.
3. Add the Salisbury Steak ingredients into the large bowl. Use your hands to mix until just combined - don't over mix.
4. Divide into 5 and pat into oval patties around 3/4" / 1 2/3 cm thick.
5. If your skillet is looking dry, add a splash of oil. Heat over high heat, then add the steaks and cook the first side for 1 minute or until browned, then flip and brown the other side (they will still be raw inside).
6. Take the skillet off the stove and transfer steaks onto a plate. Turn the heat down to medium low.
7. Return skillet to the stove and add butter. Once melted, add flour and cook for 30 seconds.
8. Whisk in remaining Gravy ingredients until smooth. Increase heat to medium then transfer the reserved onions and mushrooms into the gravy. Stir, then add the steaks into the gravy along with the juices on the plate.
9. Cook for 7 minutes, or until gravy is thickened and steaks are just cooked through, stirring occasionally around the steaks. If the gravy thickens too quickly, add more water.
10. Remove steaks onto a plate. Taste gravy and adjust salt and pepper to taste.

11. Serve salisbury steaks topped with the mushroom gravy with mashed potatoes and a fresh green salad.

## Recipe Notes

1. Nutrition below is per serving for the Salisbury Steak + gravy, no sides.

Nutrition Facts	
Salisbury Steak	
Serving Size: <input type="text" value="1"/> Serving (316g)	
Amount Per Serving	
Calories 411	Calories from Fat 192
% Daily Value*	
<b>Total Fat</b> 21g	<b>32%</b>
Saturated Fat 8.5g	<b>43%</b>
Trans Fat 0.4g	
Polyunsaturated Fat 1.4g	
Monounsaturated Fat 8.9g	
<b>Cholesterol</b> 138mg	<b>46%</b>
<b>Sodium</b> 758mg	<b>32%</b>
<b>Potassium</b> 839mg	<b>24%</b>
<b>Total Carbohydrates</b> 19g	<b>6%</b>
Dietary Fiber 1.7g	<b>7%</b>
Sugars 4.7g	
<b>Protein</b> 35g	
Vitamin A	4.9%
Vitamin C	5.2%
Calcium	1.3%
Iron	28%

\* Percent Daily Values are based on a 2000 calorie diet.

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