



Everything But The Chef

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Steak with Field Mushroom & Purple Fries

A rump steak and a field mushroom both walk into a bar, jostling for the attention. Lo and behold, a gaggle of purple fries come walking through the door. Running out of thyme, before it comes to fisty cuffs they seize the opportunity as ask them all to dinner. Turns out they are a match made in heaven - the best 'meat' cute of all time!



Prep: 10 mins

Cook: 30 mins

Total: 40 mins



level 2



gluten free



high protein



outdoor eating



nut free

Pantry Items: Olive Oil, Butter



Purple Sweet Potato



Beef Rump



Field Mushrooms



Garlic



Thyme

2P	4P	Ingredients	
1	2	purple sweet potato, unpeeled & cut into fries †	A
1 tbs	2 tbs	olive oil *	
2 steaks	4 steaks	beef rump	
2	4	field mushrooms	
2 tsp	1 tbs	butter *	
1 clove	2 cloves	garlic, peeled & crushed	⊕
1 bunch	2 bunches	thyme, leaves picked	

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2270	Kj
Protein	39.9	g
Fat, total	25	g
-saturated	10.9	g
Carbohydrate	35.7	g
-sugars	9.7	g
Sodium	149	mg

Measuretool

0 cm	1 cm	2 cm

† Disclaimer: Sweet potatoes naturally vary in size, you may be supplied with a greater amount than specified. Please use the supplied amount.



You will need: chopping board, chef's knife, garlic crusher, oven tray, baking paper, medium frying pan with a lid, tongs, plate and aluminium foil.

1 Preheat oven to **200°C/180°C fan-forced**. Line an oven tray with baking paper.

2 Toss the **purple sweet potato** in half of the **olive oil** and place on the prepared oven tray in a single layer. Season with **salt** and **pepper**. Cook in the oven for **25-30 minutes** or until tender and crispy.

3 Meanwhile, heat a drizzle of olive oil in a medium frying pan over a medium-high heat. Season the **beef rump steaks** with salt and pepper on both sides. Add the steaks to the hot frying pan and cook for **3-4 minutes** on each side for medium rare, or until cooked to your liking. Cooking time will vary depending on your preference and the thickness of your steak. Transfer steaks to a plate and cover with foil. Rest for **5 minutes**.

4 Place the same frying pan back over a medium-low heat. Heat the remaining olive oil and add the **field mushrooms** cap side down and cook, covered, for **2-3 minutes** or until beginning to soften. Turn the mushrooms and cook, covered, for a further **1-2 minutes** or until tender. Remove mushrooms from the pan. Add the **butter** and a drizzle of olive oil (this will prevent the butter from burning). Reduce the heat to low and add the **garlic** and **thyme leaves**. Cook, stirring, for **1 minute** or until fragrant and golden. Remove immediately from the heat.

5 To serve, divide the purple fries and the steaks between plates. Top each steak with a mushroom and spoon over the garlic and thyme butter sauce. Season to taste with salt and pepper.

Did you know? One sweet potato is believed to supply 200% of your recommended daily Vitamin A intake, which is beneficial for your eyesight, skin, and bones.

