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Post-Marinated Steak with Potato Rosti

Marinating is a brilliant trick for infusing whatever you're cooking with undeniable flavour. The downside? It does take a little bit of time. For those too hungry to wait, we present: The Post Marinade! We've taken this technique and turned it on its head, making cooking your steak easier than ever, and giving you a zingy marinade which will knock your socks off. Pair with a crunchy rosti and you're away!



Prep: 10 mins Cook: 30 mins Total: 40 mins



level 2









Pantry Items





Butter Wholegrain Mustard



Vinegar



Olive Oil



Potatoes



Spring Onions



Beef Rump



Baby Spinach

2P	4P	Ingredients
400 g	800 g	potatoes, peeled, grated & excess moisture removed
2 tsp	1 tbs	butter, melted *
1 bunch	2 bunches	spring onions, white & green parts finely sliced
1 tsp	2 tsp	wholegrain mustard *
1 tbs	2 tbs	balsamic vinegar *
1 tbs	2 tbs	olive oil *
2 steaks	4 steaks	beef rump
1 bag	2 bags	baby spinach

- # May feature in another recipe
 - Pantry Items

Nutrition per serving

Energy	2030	Kj
Protein	46.2	g
Fat, total	19	g
-saturated	6.6	g
Carbohydrate	29.4	g
-sugars	3.3	g
Sodium	205	mg

Measuretool

0 cm	1cm	2 cm

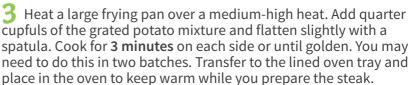


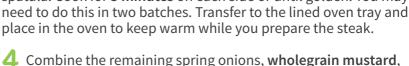
You will need: chopping board, chef's knife, medium bowl, large frying pan, oven tray lined with baking paper, bowl, whisk, paper towel, large bowl, foil, and a small jug.

Preheat the oven to 160°C/140°C fan-forced.

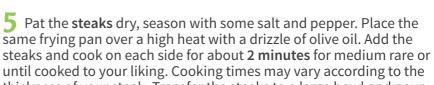
the **olive oil** until incorporated. Set aside.

2 Combine the grated potato, melted butter and white parts of the spring onions in a medium bowl.





balsamic vinegar, and a grind of salt and pepper in bowl. Whisk in



- thickness of your steak. Transfer the steaks to a large bowl and pour over the marinade. Cover the bowl with foil and allow them to rest. Flip the steaks after about 3 minutes.
- Meanwhile, place the same frying pan over a medium heat, add the **baby spinach** and cook, stirring, for **2-3 minutes** or until wilted. Feel free to add a splash of water if it needs help reducing down.
- Divide the spinach and rostis between the plates and top each with a steak. Drizzle the remaining marinade over the steaks and serve any left-over marinade in a small jug at the table.







Did you know? Rosti orginated in Switzerland and is now enjoyed all over the world!