



Everything But The Cheese

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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**
- high protein**
- gluten free**
- outdoor dining**
- low sodium**

Pantry Items

- Butter
- Wholegrain Mustard
- Balsamic 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	1 cm	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.*

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

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

3 Heat a large frying pan over a medium-high heat. Add quarter cupfuls of the grated potato mixture and flatten slightly with a spatula. Cook for **3 minutes** on each side or until golden. You may need to do this in two batches. Transfer to the lined oven tray and place in the oven to keep warm while you prepare the steak.

4 Combine the remaining spring onions, **wholegrain mustard, balsamic vinegar**, and a grind of **salt** and **pepper** in bowl. Whisk in the **olive oil** until incorporated. Set aside.

5 Pat the **steaks** dry, season with some salt and pepper. Place the same frying pan over a high heat with a drizzle of olive oil. Add the steaks and cook on each side for about **2 minutes** for medium rare or until cooked to your liking. Cooking times may vary according to the 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**.

6 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.

7 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 originated in Switzerland and is now enjoyed all over the world!

