



Everything But The Chef



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Steak with Garlic Mushrooms & Mash

Isn't it wonderful when cooking becomes a bit magical? A few potatoes, hard like stones, sitting on a bench. It's hard to imagine that in a mere 20 minutes, they will emerge a creamy buttery mash waiting to be devoured. Likewise, these garlic mushrooms are not just mushrooms. When caramelised for a few moments in a pan, stir through some butter, garlic and apple cider vinegar and Abracadabra! Dinner is served.

- Prep:** 10 mins
- Cook:** 20 mins
- Total:** 30 mins
- level 1**
- gluten free**
- high protein**
- outdoor dining**

Pantry Items



Milk



Butter



Olive Oil



Apple Cider Vinegar



Potatoes



Green Beans



New York Beef Steak



Mushrooms



Garlic

2P	4P	Ingredients
500 g	1 kg	potatoes, peeled & cut into 2 cm pieces
100 g	200 g	greens beans, trimmed
¼ cup	½ cup	milk *
1 tbs	2 tbs	butter *
2 steaks	4 steaks	New York beef
2 tsp	1 tbs	olive oil *
1 punnet	2 punnets	mushrooms, sliced
1 clove	2 cloves	garlic, peeled & crushed
1 tsp	2 tsp	apple cider vinegar or red wine vinegar *

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2220	Kj
Protein	50.4	g
Fat, total	18.4	g
-saturated	8.1	g
Carbohydrate	36.4	g
-sugars	4.2	g
Sodium	141	mg

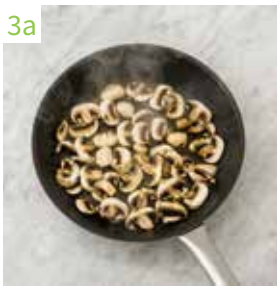
Measuretool

0 cm	1 cm	2 cm



You will need: *chef's knife, chopping board, garlic crusher, potato masher, large saucepan, colander, foil, medium sized jug or bowl and a frying pan.*

1 Place the **potatoes** in a large saucepan of cold water, bring to the boil and cook for **15 minutes** or until tender. Add the **greens beans** in the last **2 minutes**. Drain and return the potatoes back to the saucepan. Set the beans aside and cover with foil to keep warm. Add the **milk**, half of the **butter** and a good season of **salt** and **pepper** to the potatoes. Mash with a potato masher or fork until smooth. You can add more milk to achieve your desired consistency. Cover to keep warm.



2 Meanwhile, rub the **New York beef steaks** with a little of the **olive oil** and season with salt and pepper. Heat a medium frying pan over a medium-high heat. Add the steaks and cook for **2 minutes** on each side for medium rare, or until cooked to your liking. Cooking times may vary depending on the thickness of your steaks. Transfer the steaks to a plate and cover with foil. Rest for **5 minutes**.



3 Heat the remaining olive oil in the same frying pan over a medium-high heat. Add the **mushrooms** and cook, not stirring, for **2 minutes** or until they begin to caramelize on the base of the pan. Give the pan a shake to loosen them a little and then cook, not stirring, for a further **1 minute**. Stir through the remaining butter, **garlic** and **apple cider vinegar**. Cook for a further **1 minute** or until fragrant and then remove from the heat.



4 To serve, divide the mash potatoes and green beans between plates. Serve with the steak on the side topped with the mushroom sauce.

Did you know? A teaspoon of apple cider vinegar is rumoured to stop hiccups.