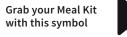


Seared Steak & Fuss-Free Mash

with Creamy Parmesan Sauce & Mustardy Greens

FAST & FANCY

KID FRIENDLY















Baby Broccoli

Wholegrain Mustard





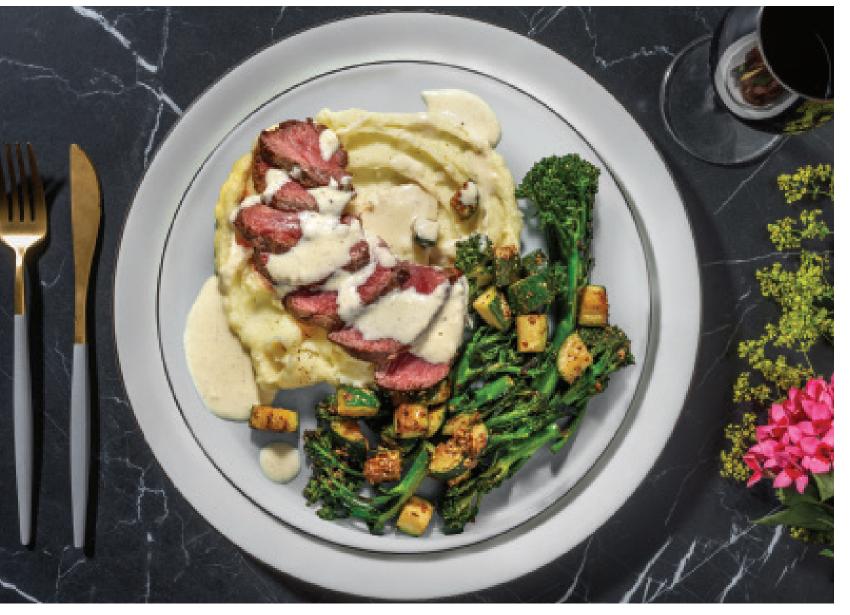
Garlic Paste

Mashed Potato

Light Cooking Cream



Parmesan Cheese



Prep in: 15-25 mins Ready in: 20-30 mins

This fun, fresh and fast meal is nothing short of fancy. With a gorgeous mashed potato, array of mustardy greens and a perfectly seared steak, all you need to finish it off is a slathering of a creamy Parmesan sauce.

Pantry items Olive Oil

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
beef rump	1 medium packet	2 medium packets OR 1 large packet
zucchini	1	2
baby broccoli	1 bunch	2 bunches
wholegrain mustard	1 packet	2 packets
mashed potato	1 medium packet	2 medium packets
garlic paste	½ medium packet	1 medium packet
light cooking cream	1 medium packet	1 large packet
Parmesan cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2786kJ (666Cal)	427kJ (102Cal)
Protein (g)	49.4g	7.6g
Fat, total (g)	34.9g	5.3g
- saturated (g)	17.3g	2.6g
Carbohydrate (g)	34.3g	5.3g
- sugars (g)	10.8g	1.7g
Sodium (mg)	3551mg	544mg
Dietary Fibre (g)	9.7g	1.5g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the steak

- See 'Top Steak Tips!' (below). Season beef rump with salt and pepper.
- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook beef, turning, for 4-6 minutes (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

TIP: If your beef is more than 4cm thick, cut in half horizontally before seasoning.



Cook the sauce

- In a heatproof bowl, place mashed potato. Microwave until hot and steaming, 3 minutes. Season.
- Meanwhile, return frying pan to medium-high heat with a drizzle of olive oil.
 Cook garlic paste (see ingredients) until fragrant, 1 minute.
- Add light cooking cream and a pinch of salt. Simmer until slightly reduced,
 1-2 minutes.
- Remove from heat and stir in Parmesan cheese until combined. Season with pepper.



Cook the veggies

- Meanwhile, chop zucchini.
- Trim and halve baby broccoli.
- Return pan to medium-high heat with a drizzle of oil. Cook zucchini and baby broccoli, tossing, until tender, 4-5 minutes.
- Add wholegrain mustard to your taste and toss to coat. Season to taste.
- Transfer to a bowl and cover to keep warm.



Serve up

- · Slice steak.
- Divide steak, mash and mustardy greens between plates.
- Spoon over creamy Parmesan sauce to serve. Enjoy!

Top Steak Tips!

- 1. Use paper towel to pat steak dry before seasoning.
- 2. Check if steak is done by pressing on it gently with tongs rare steak is soft, medium is springy and well-done is firm.
- 3. For ultimate tenderness, let steak rest on a plate for 5 minutes before slicing.



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