



Smokey Porterhouse Steak & Honey Mustard Sauce with Sour Cream & Onion Mash

STEAK NIGHT

KID FRIENDLY

Grab your meal kit
with this number

34



Baby Broccoli



Zucchini



Brown Onion



Potato



Porterhouse Steak



All-American
Spice Blend



Light Sour
Cream



Honey Mustard
Sauce

Recipe Update
We've replaced the dutch carrots in this recipe with baby broccoli due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 30-40 mins
Ready in: 40-50 mins

You don't have to wait for a special occasion to create this gourmet feast, because we're making tonight steak night! Enjoy this delectable combination of porterhouse steak, doused in our gorgeous honey mustard sauce and served on a bed of fluffy mash.

Pantry items

Olive Oil, Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

You will need

Oven tray lined with baking paper · Large frying pan · Large saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
baby broccoli	1	2
zucchini	1	2
brown onion	1	2
potato	2	4
porterhouse steak	1 medium packet	2 medium packets OR 1 large packet
All-American spice blend	1 medium sachet	2 medium sachets
butter*	40g	80g
light sour cream	1 medium packet	1 large packet
salt*	¼ tsp	½ tsp
honey mustard sauce	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2955kJ (706Cal)	404kJ (97Cal)
Protein (g)	46.2g	6.3g
Fat, total (g)	37g	5.1g
- saturated (g)	19.1g	2.6g
Carbohydrate (g)	46.5g	6.4g
- sugars (g)	25.7g	3.5g
Sodium (mg)	943mg	129mg
Dietary Fibre (g)	10.1g	1.4g

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.

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 10 minutes before slicing.



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Trim **baby broccoli** and halve any thicker stalks lengthways.
- Slice **zucchini** into thick half-moons.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until golden and tender, **20-25 minutes**.



Cook the steak

- See '**Top Steak Tips!**' (left). Meanwhile, return frying pan to medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook **porterhouse steak** for **5-6 minutes** each side for medium, or until cooked to your liking.
- In the **last minute** of cook time, sprinkle with **All-American spice blend**, turning steak to coat.
- Using tongs, hold **steak** upright and sear fat until golden, **1 minute**.
- Remove **steak** from pan, cover and rest for **5 minutes**.



Cook the onion

- Meanwhile, finely chop **brown onion**.
- Heat a large frying pan over medium heat with a drizzle of **olive oil**. Cook **onion** until softened, **5-6 minutes**.
- Transfer to a bowl and set aside.



Finish the mash and heat sauce

- Drain **potatoes** and return to the saucepan. Add the **butter**, **light sour cream** and the **salt** to the saucepan.
- Mash until smooth. Stir in **onion** until combined.
- In a small microwave-safe bowl, microwave **honey mustard sauce** in **30 second** bursts, until warmed through.



Start the potato mash

- While onion is cooking, boil the kettle. Cut **potato** into large chunks.
- Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Add **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**.

Little cooks: Get those muscles working and help mash the potatoes!



Serve up

- Slice steak.
- Divide sour cream and onion mash, smokey steak and roast veggies between plates.
- Serve with honey mustard sauce. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2024 | CW26

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