



# Herby Porterhouse Steak & Mash

with Horseradish, Onion Rings & Garlic Lemon Greens

STEAK NIGHT

Grab your meal kit with this number

34



Potato



Green Beans



Broccoli



Lemon



Garlic



Brown Onion



Cornflour



Lemon Pepper Seasoning



Porterhouse Steak



Herb & Mushroom Seasoning



Horseradish Sauce

Prep in: 20-30 mins  
Ready in: 35-45 mins

Dig into this delightful meal featuring; tender porterhouse steak, crispy onion rings seasoned with our zesty spice blend, creamy mash and tender greens. Don't forget a generous dollop of horseradish sauce for some added warmth to tie everything together!

### Pantry items

Olive Oil, Butter, Milk

## 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

Large saucepan with a lid · Medium frying pan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
<b>butter*</b> (for the mash)	40g	80g
<b>milk*</b>	2 tbs	¼ cup
green beans	1 medium packet	2 medium packets
broccoli	1 head	2 heads
lemon	½	1
garlic	2 cloves	4 cloves
brown onion	1	2
cornflour	1 medium sachet	1 large sachet
lemon pepper seasoning	1 sachet	2 sachets
porterhouse steak	1 medium packet	2 medium packets OR 1 large packet
herb & mushroom seasoning	1 sachet	2 sachets
<b>butter*</b> (for the steak)	20g	40g
horseradish sauce	1 medium packet	1 large packet

### \*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3603kJ (861Cal)	428kJ (102Cal)
Protein (g)	53.1g	6.3g
Fat, total (g)	49.8g	5.9g
- saturated (g)	22.5g	2.7g
Carbohydrate (g)	49g	5.8g
- sugars (g)	17.8g	2.1g
Sodium (mg)	1319mg	157mg
Dietary Fibre (g)	18.2g	2.2g

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

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW30



## Make the mash

- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water over high heat until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add the **butter (for the mash)** and **milk** to potato and season with **salt**. Mash until smooth. Cover to keep warm.

**TIP:** Save time and get more fibre by leaving the potato unpeeled.



## Cook the steak

- While onion rings are cooking, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **porterhouse steak** for **5-6 minutes** each side for medium, or until cooked to your liking.
- Using tongs, hold **steak** upright and sear fat until golden, **1 minute**.
- Remove from heat and sprinkle with **herb & mushroom seasoning**, turning **steak** to coat.
- Transfer to a plate, top steak with the **butter (for the steak)**, cover and rest for **5-8 minutes**.



## Get prepped

- Meanwhile, trim **green beans**. Chop **broccoli** (including stalk!) into small florets.
- Zest **lemon** to get a generous pinch, then slice into wedges.
- Finely chop **garlic**.
- Slice **brown onion** into 1cm-thick rounds, then separate into rings.



## Cook the veggies

- While steak is resting, wipe out large frying pan and return to high heat with a drizzle of **olive oil**.
- Cook **broccoli** and **green beans**, tossing, until tender, **5-6 minutes**. Reduce heat to medium, add **garlic** and cook until fragrant, **1 minute**.
- Add a generous squeeze of **lemon juice** and season to taste.

**TIP:** Add a dash of water to the pan to help speed up the cooking process.



## Make the onion rings

- In a medium bowl, combine **cornflour**, **lemon pepper seasoning** and a generous pinch of **salt**. Add **onion** and toss to coat.
- In a medium frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- When oil is hot, shake off excess **flour** and cook **onion**, in batches, turning occasionally, until golden, **5-7 minutes**.
- Transfer to a paper towel-lined plate and set aside.



## Serve up

- Thinly slice steak.
- Divide mash, herby porterhouse steak and garlic lemon greens between plates.
- Sprinkle veggies with lemon zest and spoon any resting juices over beef.
- Top steak with onion rings.
- Serve with **horseradish sauce** and any remaining lemon wedges. Enjoy!

## Rate your recipe

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