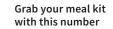
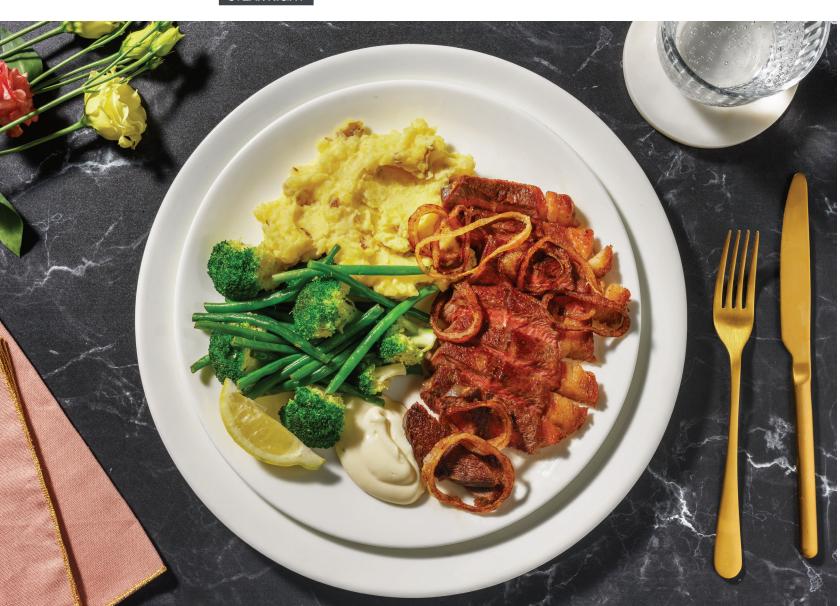


# Herby Porterhouse Steak & Mash with Horseradish, Onion Rings & Garlic Lemon Greens

STEAK NIGHT











Potato

Green Beans







Lemon



**Brown Onion** 





Lemon Pepper Seasoning





Porterhouse Steak

Seasoning



Horseradish Sauce

## 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

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter* (for the mash)	40g	80g
milk*	2 tbs	1/4 cup
green beans	1 medium packet	2 medium packets
broccoli	1 head	2 heads
lemon	1/2	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
butter* (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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



#### 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.



## 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.



## 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.



## 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.



## 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.



## 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!



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