

Seared Flank Steak Diane

with Roasted Chat Potatoes & Garlicky Greens

STEAK NIGHT

Grab your meal kit
with this number

34



Chat Potatoes



Broccoli



Green Beans



Garlic



Thyme



Savoury Seasoning



Flank Steak



Thickened Cream



Dijon Mustard



Worcestershire Sauce

Prep in: 20-30 mins
Ready in: 40-50 mins

 Protein Rich

 Calorie Smart

Forget boring meat and three veg - this delightful dinner-time classic will have the whole family rushing to the dinner table for a serving of flavourful flank steak smothered in a tangy rich sauce, teamed with crispy potatoes and tender greens.

Pantry items

Olive Oil

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
chat potatoes	1 medium packet	1 large packet
broccoli	1 head	2 heads
green beans	1 small packet	1 medium packet
garlic	3 cloves	6 cloves
thyme	1 packet	1 packet
savoury seasoning	1 sachet	2 sachets
flank steak	1 medium packet	2 medium packets OR 1 large packet
thickened cream	1 packet	2 packets
Dijon mustard	½ packet	1 packet
Worcestershire sauce	1 packet	2 packets
salt*	¼ tsp	½ tsp

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2527kJ (604Cal)	368kJ (88Cal)
Protein (g)	48.2g	7g
Fat, total (g)	27.1g	3.9g
- saturated (g)	12.3g	1.8g
Carbohydrate (g)	40.6g	5.9g
- sugars (g)	11.3g	1.6g
Sodium (mg)	1244mg	181mg
Dietary Fibre (g)	14.4g	2.1g

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.

1



Roast the chat potatoes

- Preheat oven to **240°C/220°C fan-forced**.
- Halve **chat potatoes**.
- Place **potatoes** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **25-30 minutes**.

4



Cook the flank steak

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **flank steak** for **4-5 minutes** each side for medium, or until cooked to your liking.
- Transfer to a plate, cover and rest for **5 minutes**.

2



Get prepped

- Meanwhile, chop **broccoli** (including stalk!) into small florets. Trim **green beans**. Finely chop **garlic**. Pick **thyme** leaves.
- In a medium bowl, combine **savoury seasoning**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Add **flank steak**, turning to coat.

5



Make the Diane sauce

- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**.
- Add remaining **garlic** and **thyme** and cook until fragrant, **1 minute**.
- Stir in **thickened cream**, **Dijon mustard** (see ingredients), **Worcestershire sauce**, the **salt** and any **beef resting juices**, then simmer until slightly thickened, **1-2 minutes**. Season with **pepper**.

3



Cook the greens

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **broccoli** and **green beans**, tossing, until tender, **6-7 minutes**.
- Add half the **garlic** and cook until fragrant, **1 minute**. Transfer to a bowl, season with **salt** and **pepper** and cover to keep warm.

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

6



Serve up

- Cut steak in half and thinly slice across the grain.
- Divide seared flank steak, roasted chat potatoes and garlicky greens between plates.
- Pour Diane sauce over beef to serve. Enjoy!

TIP: Flank steak has long fibres running through the meat. Cutting across the grain or perpendicular to the fibres helps ensure each bite is tender and easy to chew.

We're here to help!

Scan here if you have any questions or concerns



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