



Porterhouse Steak & Red Wine Jus

with Rosemary Fries & Garlic Veggies

STEAK NIGHT

CLIMATE SUPERSTAR

Grab your meal kit with this number

34



Potato



Rosemary



Garlic



Dutch Carrots



Kale



Porterhouse Steak



Red Wine Jus



Flaked Almonds

Prep in: 30-40 mins
Ready in: 35-45 mins

Protein Rich

Carb Smart

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 red wine jus and with a few staple sides (garlic veggies and fries), steak night will quickly take the cake for best night of the week!

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

Ingredients

| | 2 People | 4 People |
|-------------------|-----------------|------------------|
| olive oil* | refer to method | refer to method |
| potato | 2 | 4 |
| rosemary | 2 sticks | 4 sticks |
| garlic | 1 clove | 2 cloves |
| Dutch carrots | 1 bunch | 2 bunches |
| kale | 1 medium packet | 2 medium packets |
| porterhouse steak | 1 medium packet | 1 large packet |
| butter* | 10g | 20g |
| red wine jus | 1 packet | 2 packets |
| flaked almonds | 1 medium packet | 1 large packet |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|---------------|
| Energy (kJ) | 1883kJ (450cal) | 222kJ (53cal) |
| Protein (g) | 43.4g | 5.1g |
| Fat, total (g) | 16.9g | 2g |
| - saturated (g) | 7.1g | 0.8g |
| Carbohydrate (g) | 30.2g | 3.6g |
| - sugars (g) | 9.9g | 1.2g |
| Sodium (mg) | 413mg | 48.6mg |
| Dietary Fibre (g) | 10.1g | 1.2g |

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.

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.

1



Cook the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries.
- Pick and finely chop **rosemary**.
- Place **potato** and **rosemary** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the fries between two trays.

4



Cook the veggies

- While the beef is resting, wipe out frying pan then return to medium-high heat with a drizzle of **olive oil**.
- Cook **carrots**, turning occasionally, until softened, **4-5 minutes**.
- Add **kale**, the **butter** and **garlic** and cook until fragrant and wilted, **1-2 minutes**.

2



Get prepped

- Meanwhile, finely chop **garlic**.
- Trim green tops from **Dutch carrots** and scrub them clean (halve any thick carrots lengthways).
- Thinly slice **kale**, disregarding any larger pieces of stalk.

5



Heat the sauce

- Meanwhile, in a small heatproof bowl, microwave **red wine jus**, in **30 second** bursts, until warmed through.

3



Cook the steak

- See '**Top Steak Tips**' (below). In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- 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 **steak** from pan, cover and rest for **10 minutes**. Season with **salt**.

6



Serve up

- Thinly slice steak.
- Divide porterhouse steak, rosemary fries and garlic veggies between plates.
- Drizzle red wine jus over steak.
- Sprinkle **flaked almonds** over veggies to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2024 | CW33

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate