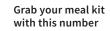


Porterhouse Steak & Red Wine Jus

with Rosemary Fries & Garlic Veggies

STEAK NIGHT

CLIMATE SUPERSTAR



















Porterhouse Steak



Red Wine



Flaked Almonds



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

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.
- 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.



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.



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.



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.



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.



Heat the sauce

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



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!

