



# Smokey Porterhouse Steak & Honey Mustard Sauce

with Veggies & Sour Cream-Onion Mash

STEAK NIGHT

KID FRIENDLY

Grab your meal kit with this number

34



Dutch Carrots



Zucchini



Brown Onion



Potato



Porterhouse Steak



All-American Spice Blend



Light Sour Cream



Honey Mustard Sauce

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

Protein Rich

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 honey mustard sauce and served on a bed of sour cream and onion mash.

### 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 · Large saucepan with a lid

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
Dutch carrots	1 bunch	2 bunches
zucchini	1	2
brown onion	1	2
potato	2	4
porterhouse steak	1 medium packet	2 medium packets OR 1 large packet
All-American spice blend	1 medium sachet	2 medium sachets
<b>butter*</b>	40g	80g
light sour cream	1 medium packet	1 large packet
<b>salt*</b>	¼ tsp	½ tsp
honey mustard sauce	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3070kJ (734cal)	244kJ (58cal)
Protein (g)	45.2g	3.6g
Fat, total (g)	40.5g	3.2g
- saturated (g)	20.9g	1.7g
Carbohydrate (g)	46.4g	3.7g
- sugars (g)	25.7g	2g
Sodium (mg)	936mg	74.3mg
Dietary Fibre (g)	10g	0.8g

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.

## 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 5 minutes before slicing.



## Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Trim green tops from **Dutch carrots** and scrub them clean.
- Slice **zucchini** into thick half-moons.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until golden and tender, **20-25 minutes**.



## Cook the steak

- See '**Top Steak Tips!**' (left). Meanwhile, return frying pan to medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook **porterhouse steak** for **5-6 minutes** each side for medium, or until cooked to your liking.
- In the **last minute** of cook time, sprinkle with **All-American spice blend**, turning **steak** to coat.
- Using tongs, hold **steak** upright and sear **fat** until golden, **1 minute**.
- Remove **steak** from pan, cover and rest for **5 minutes**.



## Cook the onion

- Meanwhile, finely chop **brown onion**.
- Heat a large frying pan over medium heat with a drizzle of **olive oil**. Cook **onion**, stirring, until softened, **5-6 minutes**.
- Transfer to a bowl and set aside.



## Finish the mash and heat sauce

- Drain **potatoes** and return to the saucepan. Add the **butter**, **light sour cream** and **salt** to the saucepan.
- Mash until smooth. Stir in **onion** until combined.
- In a small microwave-safe bowl, microwave **honey mustard sauce** in **30 second** bursts, until warmed through.



## Start the potato mash

- While onion is cooking, boil the kettle.
- Cut **potato** into large chunks.
- Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Add **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**.

**Little cooks:** Get those muscles working and help mash the potatoes!



## Serve up

- Slice steak.
- Divide sour cream-onion mash, smokey porterhouse steak and veggies between plates.
- Serve with honey mustard sauce. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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