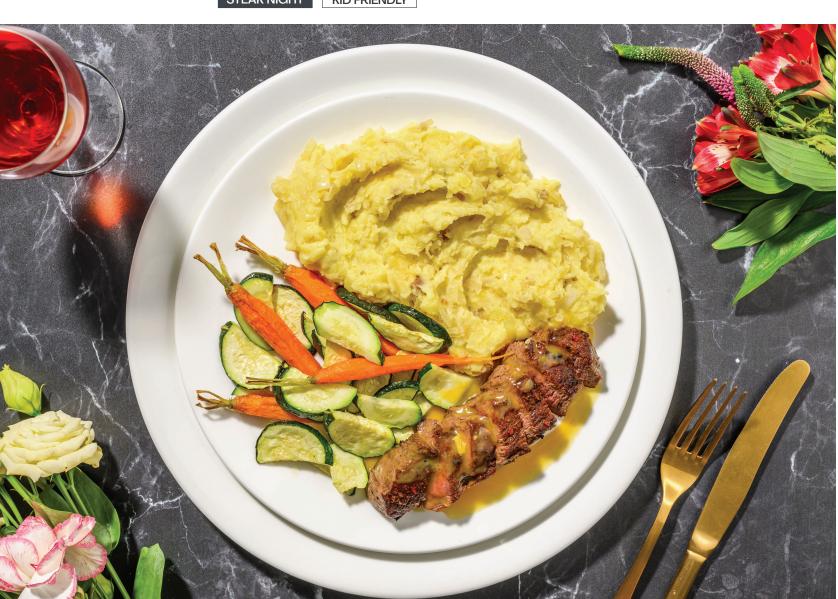


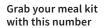
Smokey Porterhouse Steak & Honey Mustard Sauce

with Veggies & Sour Cream-Onion Mash

STEAK NIGHT

KID FRIENDLY











Dutch Carrots

Zucchini



Brown Onion



59d



Porterhouse Steak

All-American Spice Blend



Light Sou 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.

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 \cdot Large frying pan \cdot Large saucepan with a lid

Ingredients

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	2 People	4 People
olive oil*	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
butter*	40g	80g
light sour cream	1 medium packet	1 large packet
salt*	1/4 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 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 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.



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!



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.



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.



Serve up

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



