



Beef Flank Steak & Creamy Mustard Sauce

with Veggies & Sweet Potato Fries

STEAK NIGHT

KID FRIENDLY

Grab your meal kit with this number

34



Sweet Potato



Rosemary



Garlic



Zucchini



Green Beans



Flank Steak



Thickened Cream



Wholegrain Mustard



Chilli Flakes (Optional)



Flaked Almonds

Prep in: 35-45 mins
Ready in: 45-55 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 flank steak, doused in our gorgeous mustard sauce and with a few special sides (sautéed veggies and SP 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
sweet potato	2	4
rosemary	2 sticks	4 sticks
garlic	1 clove	2 cloves
zucchini	1	2
green beans	1 medium packet	2 medium packets
flank steak	1 medium packet	2 medium packets OR 1 large packet
butter*	20g	40g
thickened cream	1 medium packet	2 medium packets
wholegrain mustard	1 packet	2 packets
salt*	¼ tsp	½ tsp
chilli flakes (optional)	pinch	pinch
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2794kJ (668cal)	242kJ (58cal)
Protein (g)	43.1g	3.7g
Fat, total (g)	38g	3.3g
- saturated (g)	17.9g	1.5g
Carbohydrate (g)	38.2g	3.3g
- sugars (g)	19.3g	1.7g
Sodium (mg)	984mg	85.1mg
Dietary Fibre (g)	14.2g	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.



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into fries.
- Pick **rosemary** leaves.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **rosemary**, 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.



Cook the veggies

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **green beans** and **zucchini**, stirring, until tender, **4-5 minutes**.
- Season with a pinch of **salt** and **pepper**. Transfer to a bowl and cover to keep warm.



Get prepped

- Finely chop **garlic**.
- Thinly slice **zucchini** into half-moons.
- Trim and halve **green beans**.



Make the mustard sauce

- While steak is resting, wash frying pan and return to medium heat with the **butter** and a drizzle of **olive oil**. Cook **garlic** until fragrant, **1 minute**.
- Add **thickened cream**, **wholegrain mustard**, the **salt** and **steak resting juices**, then cook until slightly thickened, **2 minutes**.
- Season with **pepper** and a pinch of **chilli flakes** (if using).



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 **flank steak** for **4-5 minutes** each side for medium, or until cooked to your liking.
- Transfer to a plate, cover and rest for **10 minutes**.

TIP: The meat will keep cooking as it rests!



Serve up

- Cut each steak in half and thinly slice each steak across the grain.
- Divide beef flank steak, sweet potato fries and veggies between plates.
- Spoon over creamy mustard sauce.
- Garnish with **flaked almonds** 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.

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.

We're here to help!

Scan here if you have any questions or concerns

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