HELLO FRESH

Porterhouse Steak & Red Wine Jus
with Rosemary Fries & Garlic Veggies

STEAK NIGHT | CLIMATE SUPERSTAR

Potato

Rosemary

Garlic

Dutch Carrots

Baby Spinach Leaves

Porterhouse Steak

Red Wine Jus

Flaked Almonds

Recipe Update

We've replaced the kale in this recipe with baby spinach leaves due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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
baby spinach leaves	1 medium packet	2 medium packets
porterhouse steak	1 medium packet	2 medium packets OR 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)	1998kJ (478cal)	232kJ (56cal)
Protein (g)	42.4g	4.9g
Fat, total (g)	20.5g	2.4g
- saturated (g)	8.9g	1g
Carbohydrate (g)	30.1g	3.5g
- sugars (g)	9.9g	1.2g
Sodium (mg)	406mg	47.2mg
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.

We're here to help!
Scan here if you have any questions or concerns
2024 | CW39

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.*

2

Get prepped

- Meanwhile, finely chop **garlic**.
- Trim green tops from **Dutch carrots** and scrub them clean (halve any thick carrots lengthways).
- Thinly slice **baby spinach leaves.**

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**.

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**, tossing, until softened, **4-5 minutes**.
- Add **baby spinach leaves**, the **butter** and **garlic** and cook until fragrant and wilted, **1-2 minutes**.

5

Heat the sauce

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

6

Serve up

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

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.

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