



Porterhouse Steak & Honey Mustard Sauce

with 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
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*	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

Top Steak Tips!

1. Remove steak from packaging and set aside at room temperature 15 minutes before cooking.
2. Use paper towel to pat steak dry before seasoning.
3. Check if steak is done by pressing on it gently with tongs: rare steak is soft, medium is springy and well-done is firm.
4. Let steak rest on a plate for 5 minutes before slicing.



Roast the veggies

- See '**Top Steak Tips!**' (below left). 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**.

Little cooks: Help scrub the carrots clean!



Cook the steak

- 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.

Little cooks: Don your goggles and have a go at peeling off the onion's outer layer!



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.

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



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**.



Serve up

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

Little cooks: Add the finishing touch by drizzling over the honey mustard sauce!

We're here to help!

Scan here if you have any questions or concerns



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