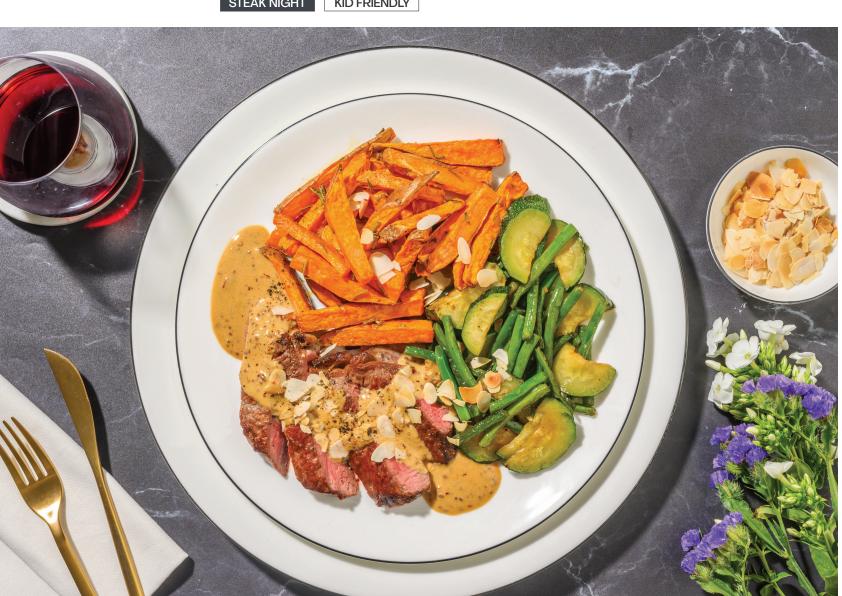


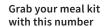
Beef Flank Steak & Creamy Mustard Sauce

with Greens & Sweet Potato Fries

STEAK NIGHT

KID FRIENDLY











Sweet Potato





Zucchini





Green Beans

Flank Steak





Thickened Cream

Wholegrain Mustard



Chicken Stock



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 rosemary sweet potato fries) and 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

3			
	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 packet	2 packets	
wholegrain mustard	1 packet	2 packets	
chicken stock pot	½ packet	1 packet	
chilli flakes ∮ (optional)	pinch	pinch	
flaked almonds	1 medium packet	1 large packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2742kJ (655cal)	241kJ (58cal)
Protein (g)	42.7g	3.8g
Fat, total (g)	37.1g	3.3g
- saturated (g)	17.4g	1.5g
Carbohydrate (g)	37.8g	3.3g
- sugars (g)	19g	1.7g
Sodium (mg)	892mg	78.5mg
Dietary Fibre (g)	11.6g	1g

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.

Fancu a drop?

We recommend pairing this meal with Chianti or Malbec.



Bake the fries

- See Top Steak Tips (below).
- · 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.



Get prepped

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



Cook the steak

- In a large frying pan, heat a drizzle of olive oil over medium-high heat.
- · Season flank steak with salt and pepper.
- · When oil is hot, cook flank steak for 4-5 minutes each side for medium-rare, or until cooked to your liking.
- Transfer to a plate, cover and rest for 5 minutes.

TIP: The meat will keep cooking as it rests!



Cook the veggies

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



Make the 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, chicken stock pot (see ingredients) and any steak resting juices, then cook until slightly thickened, 2 minutes.
- Season with **pepper** and a pinch of **chilli flakes** (if using).



Serve up

- Cut each steak in half and thinly slice each steak across the grain.
- Divide beef flank steak, sweet potato fries and greens between plates.
- Spoon over creamy mustard sauce and 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!

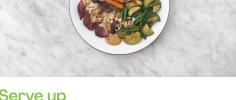
- 1. Remove steak from packaging and set aside at room temperature 15 minutes before cooking.
- 2. Use paper towel to pat steak dry before seasoning.
- 3. Check if steak is done by pressing on it gently with tongs rare steak is soft, medium is springy and well-done is firm.
- 4. Let steak rest on a plate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



Scan here if you have any questions or concerns







Did we make your tastebuds happy Let our culinary team know: hellofresh.com.au/rate