



Porterhouse Steak & Minty Roast Potatoes

with Goat Cheese Topped Veggies & Honey Mustard

FESTIVE MAIN

Grab your meal kit with this number

15



Potato



Dutch Carrots



Baby Broccoli



Garlic



Mint



Aussie Spice Blend



Porterhouse Steak



Honey Mustard Sauce



Marinated Goat Cheese

Prep in: 20-30 mins
Ready in: 35-45 mins

Protein Rich

Carb Smart

This superstar seasonal meal is a staple that you'll be wanting to make every Christmas! Perk up crispy roast potatoes with a sprinkling of mint, spice up some porterhouse steak with our Aussie seasoning and serve it all up with some tender goat cheese topped veggies and honey mustard sauce.

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
Dutch carrots	1 bunch	2 bunches
baby broccoli	1 bunch	2 bunches
garlic	2 cloves	4 cloves
mint	½ packet	1 packet
Aussie spice blend	1 medium sachet	1 large sachet
porterhouse steak	1 medium packet	2 medium packets OR 1 large packet
butter*	20g	40g
honey mustard sauce	1 packet	2 packets
marinated goat cheese	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2598kJ (620Cal)	421kJ (100Cal)
Protein (g)	49.8g	8.1g
Fat, total (g)	28.7g	4.6g
- saturated (g)	12.2g	2g
Carbohydrate (g)	38.9g	6.3g
- sugars (g)	16.4g	2.7g
Sodium (mg)	1149mg	186mg
Dietary Fibre (g)	9.8g	1.6g

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.



Roast the potatoes

- See **'Top Steak Tips! (below)**. Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks.
- Place **potatoes** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.



Cook the veggies

- While steak is resting, wipe out pan and return to medium-high heat with a drizzle of **olive oil**.
- Add **carrots** and cook, tossing, until just tender, **2-3 minutes**.
- Add **baby broccoli** and cook, tossing, until tender, **5-7 minutes**.

TIP: Add a dash of water to the pan to speed up the cooking process!

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.



Get prepped

- Meanwhile, trim green tops from **Dutch carrots** and scrub **carrots** clean. Halve any thicker **carrots** lengthways.
- Trim **baby broccoli** and halve any thicker stalks lengthways.
- Finely chop **garlic**.
- Pick and roughly chop **mint (see ingredients)**.
- In a medium bowl, combine **Aussie spice blend**, a pinch of **salt** and a drizzle of **olive oil**. Add **porterhouse steak** and turn to coat.



Toss the potatoes

- In a small microwave-safe bowl, microwave the **butter** and **garlic** in **10 second** bursts until melted and fragrant.
- Add **mint** to roasted potatoes and drizzle with melted **garlic butter**, tossing to coat.
- Transfer **honey mustard sauce** to a small microwave-safe bowl and microwave until heated through, **30 seconds**.



Cook the porterhouse steak

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- When oil is hot, cook **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**.
- Transfer **steak** to a plate, lightly cover and rest.



Serve up

- Thinly slice steak.
- Divide porterhouse steak, minty roast potatoes, Dutch carrots and broccolini between plates.
- Top veggies with **marinated goat cheese**.
- Serve with honey mustard sauce. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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