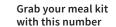


# Porterhouse Steak & Minty Roast Potatoes

with Goat Cheese Topped Veggies & Honey Mustard

FESTIVE MAIN











Baby Broccoli







**Aussie Spice** 



Porterhouse Steak



Honey Mustard

Sauce



Cheese



**Pantry items** Olive Oil, Butter

Prep in: 20-30 mins Ready in: 35-45 mins **Carb Smart** 

**Protein Rich** 

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.

# 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

<sup>\*</sup>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.



# 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.



# 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.



## 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!



## 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.



# 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!

#### 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.



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