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## Beef Milanese with Garden Potato Salad

Tomato and cucumber are the perfect flavour duo in this crumbed beef Milanese. For a light yet hearty meal, we're serving it alongside roasted potatoes and a bright side salad.

 **Prep:** 20 mins  
 **Cook:** 30 mins  
 **Total:** 50 mins

 level 2  
 helping hands

 lactose free

### Pantry Items



Olive Oil



Plain Flour



Vegetable Oil



Apple Cider Vinegar



Eggs



Potatoes



Fine Breadcrumbs



Parsley



Beef Minute Steaks



Baby Spinach Leaves



Cucumber



Roma Tomato

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## QTY

## Ingredients

500 g	potatoes, unpeeled & chopped into 2 cm cubes	
1 ½ tbs	olive oil *	
¼ cup	plain flour *	
2	eggs, lightly whisked with a fork *	
2 packets	fine breadcrumbs	
½ bunch	parsley, leaves picked & finely chopped	⊕
1 packet	beef minute steaks	
¼ cup	vegetable oil *	
½ bag	baby spinach leaves	⊕
1	cucumber, finely sliced	
1	Roma tomato, diced	
1 tsp	apple cider vinegar *	

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

### Nutrition per serve

Energy	2690	Kj
Protein	45.6	g
Fat, total	26.6	g
-saturated	6.1	g
Carbohydrate	52.2	g
-sugars	3.5	g
Sodium	433	mg

2

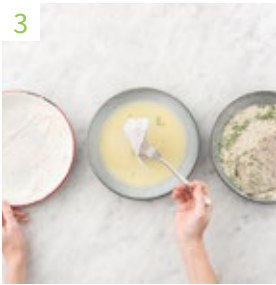


**You will need:** chef's knife, chopping board, fork, colander, oven tray lined with baking paper, three shallow bowls, two plates, large frying pan, paper towel, large mixing bowl and tongs.

**1** Preheat the oven to **200°C/180°C** fan-forced.

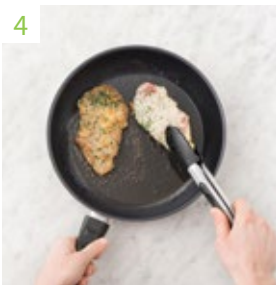
**2** Place the **potato** on the prepared oven tray. Drizzle with half the **olive oil** and season with **salt** and **pepper**. Cook the potato for **25-30 minutes**, or until golden and crispy. Remove from the oven and set aside.

3



**3** Now it's time to set up your crumbing station. Place the **plain flour** in a shallow bowl, the **egg** in a second shallow bowl with a dash of water and the **fine breadcrumbs** and **parsley** in a third shallow bowl. Season the **beef minute steaks** with salt and pepper then dip in the flour, followed by the egg and finally coat in the breadcrumb mixture. Place on a plate until ready to fry.

4



**4** Heat half the **vegetable oil** in a large frying pan over a medium-high heat. Cook the crumbed beef for **3-4 minutes** on each side, or until golden and cooked through. Set aside on a plate lined with paper towel. Repeat with the remaining vegetable oil and crumbed beef.

5



**5** In a large mixing bowl combine the **baby spinach leaves**, potato cubes, **cucumber** and **tomato**. Drizzle with the remaining olive oil and **apple cider vinegar**.

**6** To serve, divide the beef Milanese and garden salad between plates. Enjoy!

**Did you know?** Milanese refers to a dish that consists of a breaded meat fillet.