



# Carb Smart Glazed Beef Steak with Mash & Greens

FRESH & FAST

Box to plate: 15 mins

KID FRIENDLY

Grab your  
Fresh & Fast  
Meal Kit



**Nutrition Per Serving:** Energy 2383kJ (570Cal) | Protein 47.5g | Fat, total 23.1g - saturated 9.1g | Carbohydrate 37.4g - sugars 12.5g | Sodium 3322mg | Dietary Fibre 11g  
**Carb Smart** | The quantities provided above are averages only

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2023 | WK20 | V





# Get ready

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your veggies a wash.

## You'll need

(along with the basics)



Large Frying Pan



Microwave

## From the pantry



Olive Oil



Salt & Pepper

## From the cool pouch

|                        | 2P           | 4P          |
|------------------------|--------------|-------------|
| Beef Rump              | 1 small pkt  | 1 large pkt |
| Sweet & Savoury Glaze  | 1 medium pkt | 1 large pkt |
| Mashed Potato          | 1 pkt        | 2 pkts      |
| Shaved Parmesan Cheese | 1 pkt (26g)  | 1 pkt (52g) |

## Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## 1. Sizzle



Beef Rump



Sweet & Savoury Glaze

- Place **beef** between two sheets of baking paper. Pound with a rolling pin until slightly flattened. Season
- In a frying pan, heat **oil** over high heat
- Cook **beef**, turning, for **3-6 mins** (depending on thickness), or until cooked to your liking
- In the **last min** of cook time, stir through **glaze**, until heated through. Transfer to a shallow bowl to rest



## 2. Zap



Mashed Potato



Shaved Parmesan Cheese

- Meanwhile, transfer **potato** to a heatproof bowl
- Microwave until hot and steaming, **3 mins**
- Stir through **cheese** and season to taste



## 3. Fry



Baby Broccoli



Roasted Almonds



Baby Spinach Leaves

- Trim **broccoli** and roughly chop **almonds**
- Return pan to medium-high heat with a drizzle of **oil**
- Cook **broccoli** until tender, **4-5 mins**. Stir through **spinach** until wilted, **1 min**
- Divide **steak**, **mash** and **greens**, spoon over remaining **glaze** and top with **almonds**



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