

Quick Mustard Beef & Carrot-Potato Mash

with Tomato Salad Toss

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Carrot



Tomato



Garlic



Chicken-Style Stock Powder



Mixed Salad Leaves



Beef Strips



Light Cooking Cream



Dijon Mustard



Chicken Tenderloins

Prep in: 20-30 mins
Ready in: 25-35 mins

Carb Smart

Eat Me Early*
*Custom Recipe only

In this jazzed up version of meat and three veg, the creamy Dijon sauce livens up the tender beef strips, while the carrot imparts a slightly sweet and earthy flavour to the mash. Serve with a simple salad for some crunch and a touch of acidity to balance out the richness.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Vinegar (White Wine or Balsamic Vinegar)

Before you start

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

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

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
carrot	1	2
butter*	20g	40g
tomato	1	2
garlic	1 clove	2 cloves
beef strips	1 small packet	1 medium packet
light cooking cream	1 medium packet	1 large packet
Dijon mustard	1 packet	2 packets
chicken-style stock powder	1 medium sachet	1 large sachet
vinegar* (white wine or balsamic vinegar)	drizzle	drizzle
mixed salad leaves	1 medium bag	1 large bag
chicken tenderloins**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2334kJ (558Cal)	405kJ (97Cal)
Protein (g)	38.3g	6.7g
Fat, total (g)	29.6g	5.1g
- saturated (g)	16.6g	2.9g
Carbohydrate (g)	33g	5.7g
- sugars (g)	13.8g	2.4g
Sodium (mg)	784mg	136mg
Dietary Fibre (g)	8.5g	1.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2260kJ (540Cal)	367kJ (88Cal)
Protein (g)	44.9g	7.3g
Fat, total (g)	24.5g	4g
- saturated (g)	14.2g	2.3g
Carbohydrate (g)	33g	5.4g
- sugars (g)	13.8g	2.2g
Sodium (mg)	786mg	128mg
Dietary Fibre (g)	8.7g	1.4g

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.

We're here to help!

Scan here if you have any questions or concerns

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1



Make the carrot-potato mash

- Bring a medium saucepan of salted water to the boil. Peel **potato** and **carrot**, then cut both into small chunks.
- Cook **potato** and **carrot** in the boiling water until easily pierced with a knife, **10-15 minutes**. Drain and return to pan.
- Add the **butter** and season generously with **salt**. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato and carrot unpeeled!

Little cooks: Get those muscles working and help mash the potatoes!

3



Cook the sauce & toss the salad

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **garlic** until fragrant, **1 minute**.
- Add **light cooking cream**, **Dijon mustard** and **chicken-style stock powder** and cook, stirring, until slightly thickened, **2-3 minutes**.
- Remove from heat, then return cooked **beef** to pan. Toss to coat.
- Meanwhile, combine a drizzle of **vinegar** and **olive oil** in a medium bowl. Season, then add **tomato** and **mixed salad leaves**. Toss to coat.

Custom Recipe: Return chicken to the pan, turning to coat in sauce.

2



Get prepped & cook beef

- Meanwhile, cut **tomato** into wedges. Finely chop **garlic**.
- When the veggies have **5 minutes** remaining, heat a large frying pan over high heat with a drizzle of **olive oil**.
- When oil is hot, cook **beef strips**, in batches (this ensures they stay tender), until browned and cooked through, **1-2 minutes**. Transfer to a plate.

Custom Recipe: If you've swapped to chicken tenderloins, heat a large frying pan over medium-high heat with a drizzle of olive oil. Cook chicken tenderloins until browned and cooked through (no longer pink inside), 3-4 minutes each side. Transfer to a plate.

4



Serve up

- Divide carrot-potato mash and tomato salad between plates.
- Top mash with creamy mustard beef, spooning over sauce from the pan to serve. Enjoy!

Rate your recipe

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