



Quick Beef & Creamy Dijon Sauce

with Carrot-Potato Smash & Tomato Salad

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Carrot



Tomato



Garlic



Beef Strips



Light Cooking Cream



Dijon Mustard



Beef-Style Stock Powder

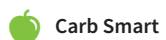


Mixed Salad Leaves



Chicken Breast

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



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)

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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
beef-style stock powder	½ large sachet	1 large sachet
vinegar* (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 medium bag	1 large bag
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2327kJ (556Cal)	404kJ (97Cal)
Protein (g)	38.4g	6.7g
Fat, total (g)	29.4g	5.1g
- saturated (g)	16.6g	2.9g
Carbohydrate (g)	33g	5.7g
- sugars (g)	13.7g	2.4g
Sodium (mg)	807mg	140mg
Dietary Fibre (g)	8.5g	1.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2301kJ (550Cal)	374kJ (89Cal)
Protein (g)	41.7g	6.8g
Fat, total (g)	27.1g	4.4g
- saturated (g)	15g	2.4g
Carbohydrate (g)	33g	5.4g
- sugars (g)	13.7g	2.2g
Sodium (mg)	827mg	134mg
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



1



Make the carrot-potato smash

- 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 saucepan.
- 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 and carrot!

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 **beef-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 cooked chicken to frying pan as above, tossing to coat in creamy Dijon 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, cut chicken breast into thin strips. In a large frying pan, heat a drizzle of olive oil over high heat. Cook chicken strips, tossing occasionally, until browned and cooked through (when no longer pink inside), 3-4 minutes. 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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