

Quick Creamy Mustard Beef

with Carrot-Potato Mash & Nutty Green Salad

Grab your Meal Kit with this symbol



Carrot



Potato



Tomato



Garlic



Beef Strips



Light Cooking Cream



Dijon Mustard



Chicken Stock Pot



Salad Leaves



Flaked Almonds

Recipe Update

The recent wet weather conditions across the East Coast have impacted our regular supply of fresh ingredients and as such what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: **20-30 mins**
 Ready in: **25-35 mins**
Naturally Gluten-Free
Not suitable for coeliacs

Carb Smart

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.

Pantry items

Olive Oil, 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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
potato	1	2
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 stock pot	1 packet (20g)	1 packet (40g)
balsamic vinegar*	drizzle	drizzle
salad leaves	1 small bag	1 medium bag
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2266kJ (542Cal)	464kJ (111Cal)
Protein (g)	40.3g	8.3g
Fat, total (g)	31g	6.3g
- saturated (g)	15.9g	3.3g
Carbohydrate (g)	24.2g	5g
- sugars (g)	9.7g	5g
Sodium (mg)	934mg	191mg
Dietary Fibre (g)	6.6g	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](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Make the mash

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

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



Cook the sauce & toss the salad

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



Get prepped & cook the beef

- While veggies are cooking, cut **tomato** into wedges. Finely chop **garlic**.
- When veggies have **5 minutes** cook time remaining, heat a drizzle of **olive oil** in a large frying pan over a high heat.
- When oil is hot, cook **beef strips** in batches until browned and cooked through, **1-2 minutes**. Transfer to a plate.

TIP: Cooking the meat in batches over a high heat helps it stay tender.



Serve up

- Divide carrot-potato mash and salad between plates. Sprinkle **flaked almonds** over salad.
- Top mash with creamy mustard beef, spooning over sauce from the pan to serve.

Enjoy!

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