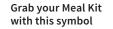
Quick Creamy Mustard Beef with Carrot-Potato Mash & Nutty Green Salad











Potato





Tomato





Beef Strips

Light Cooking





Dijon Mustard

Chicken Stock





Salad Leaves

Flaked Almonds

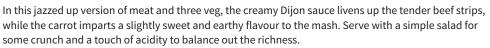
Pantry items

Olive Oil, Balsamic Vinegar

Hands-on: 20-30 mins Ready in: 25-35 mins

Carb Smart





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 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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