

Creamy Mustard Beef & Carrot-Potato Mash

with Tomato & Mixed Leaf Salad

Grab your Meal Kit with this symbol



Potato



Carrot



Tomato



Garlic



Chicken-Style Stock Powder



Salad Leaves



Beef Strips




Light Cooking Cream



Dijon Mustard

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

 Carb Smart

 Naturally Gluten-Free
Not suitable for coeliacs

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, Butter, 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	1	2
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
balsamic vinegar*	drizzle	drizzle
salad leaves	1 medium bag	1 large bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2126kJ (508Cal)	447kJ (106Cal)
Protein (g)	36.4g	7.7g
Fat, total (g)	29.1g	6.1g
- saturated (g)	16.4g	3.4g
Carbohydrate (g)	23.3g	4.9g
- sugars (g)	11.4g	2.4g
Sodium (mg)	775mg	163mg
Dietary Fibre	6.5g	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.

1



Make the carrot-potato mash

- Bring a medium saucepan of salted water to the boil. Peel **potato** and **carrot**, then cut into large chunks.
- Cook **potato** and **carrot** in the boiling water until easily pierced with a knife, **12-15 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!

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** and any **resting juices** to the pan. Stir 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.

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, 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.

4



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2022 | CW30



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