



Steak & Creamy Mushroom Thyme Sauce

with Mashed Potato & Greens Beans

PUB BISTRO

Grab your Meal Kit with this symbol



Premium Sirloin Tip



Potato



Green Beans



Garlic



Thyme



Sliced Mushrooms

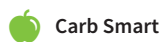


Thickened Cream



Beef-Style Stock Powder

Prep in: 20-30 mins
Ready in: 35-45 mins



Eat Me Early

It's hard to beat a classic pub bistro meal. A juicy cut of premium beef steak is always satisfying, while a side of potato mash and green beans are comfortingly familiar. Just add a creamy mushroom and thyme sauce to perfectly tie it all together!

Pantry items

Olive Oil, Butter, Milk

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

Large frying pan · Oven tray lined with baking paper · Large saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
premium sirloin tip	1 small packet	1 large packet
potato	2	4
butter*	30g	60g
milk*	2 tbs	4 tbs
salt*	¼ tsp	½ tsp
green beans	1 medium bag	2 medium bags
garlic	2 cloves	4 cloves
thyme	1 bag	1 bag
sliced mushrooms	1 medium packet	1 large packet
thickened cream	1 packet	2 packets
beef-style stock powder	1 medium sachet	2 medium sachets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2641kJ (631Cal)	415kJ (99Cal)
Protein (g)	41.9g	6.6g
Fat, total (g)	37.2g	5.8g
- saturated (g)	19.4g	3g
Carbohydrate (g)	30.7g	4.8g
- sugars (g)	10.6g	1.7g
Sodium (mg)	809mg	127mg

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



Cook the sirloin tip

- See **Top Steak Tips (below)**. Preheat oven to **220°C/200°C fan-forced**. In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Season **premium sirloin tip** all over and add to hot pan. Sear until browned, **1 minute** on both sides.
- Transfer to a lined oven tray and roast for **17-22 minutes** for medium or until cooked to your liking.
- Remove from oven and cover with foil to rest for **10 minutes**.

TIP: The meat will keep cooking as it rests!

4



Cook the green beans

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Add **green beans** and cook, tossing regularly, until tender, **4-5 minutes**. Season.
- Set aside on a plate and cover to keep warm.

2



Make the mashed potato

- Meanwhile, boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Peel **potato** and cut into large chunks. Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**.
- Drain and return to the pan. Add the **butter** and the **milk** to **potato** and season with the **salt**. Mash until smooth. Cover to keep warm.

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

5



Make the mushroom sauce

- While the steak is resting, return the pan to high heat with a drizzle of **olive oil**. Add **sliced mushrooms** and cook, stirring, until browned, **4-5 minutes**.
- Add **garlic** and **thyme** and cook until fragrant, **1 minute**.
- Reduce heat to medium-low, add **thickened cream** and **beef-style stock powder**, stir to combine and cook until thickened slightly, **1-2 minutes**. Season to taste with **salt** and **pepper**.

3



Get prepped

- While the potatoes are boiling, trim **green beans**.
- Finely chop **garlic**.
- Pick and roughly chop **thyme** leaves.

6



Serve up

- Thinly slice the sirloin tip and divide between plates with green beans and mashed potato.
- Spoon over the creamy mushroom sauce to serve. Enjoy!

Top Steak Tips!

1. Use paper towel to pat steak dry before seasoning.
2. Check if steak is done by pressing on it gently with tongs - rare steak is soft, medium is springy and well-done is firm.
3. For ultimate tenderness, let steak rest on a plate for 10 minutes before slicing.

We're here to help!

Scan here if you have any questions or concerns



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