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Steak with Potato Medallions & Mustard Sauce

We've taken a survey and we reckon there are three key elements to a killer steak dinner. First, you've got to have a killer tender steak (duh). Next, delicious potatoes. Chips or mash are popular here, but you can't go past these crispies. And finally, a sauce to crown your glory. Ta da! Dinner is served.



Prep: 10 mins

Cook: 35 mins

Total: 45 mins



level 2

Pantry Items



Olive Oil



Butter



Plain Flour



Milk



Wholegrain Mustard



Potatoes



Premium Beef Rump



Red Onion



Baby Spinach Leaves



Garlic

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2P	4P	Ingredients
400 g	800 g	potatoes, unpeeled & cut into 5 mm thick slices
2 tsp	1 tbs	olive oil *
2 steaks	4 steaks	premium beef rump
1 tbs	2 tbs	butter *
½	1	red onion, finely sliced
1 bag	2 bags	baby spinach leaves
1 clove	2 cloves	garlic, peeled & crushed
1 tsp	2 tsp	plain flour *
¾ cup	1 ½ cup	milk *
1 tbs	2 tbs	wholegrain mustard *

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2300	Kj
Protein	51.4	g
Fat, total	19.5	g
-saturated	8.2	g
Carbohydrate	38.9	g
-sugars	10	g
Sodium	459	mg

2



You will need: chef's knife, chopping board, garlic crusher, oven tray lined with baking paper, small saucepan, medium frying pan, tongs, plate, aluminium foil, small saucepan, wooden spoon and whisk or fork.

1 Preheat the oven to **220°C/200°C** fan-forced.

2 Toss the **potato** in half of the **olive oil** and season with **salt** and **pepper**. Place in a single layer on the prepared oven tray and cook in the oven for **30-35 minutes**, or until golden and crisp.

3



3 Heat a medium frying pan over a medium-high heat. Rub the **premium beef rump** with a little olive oil and season with salt and pepper. Add the steak to the pan and cook for **2 minutes** on each side for medium rare or until cooked to your liking. Transfer to a plate and cover with aluminium foil. Rest for **5 minutes**.

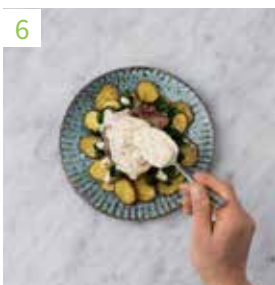
Tip: Don't be tempted to skip resting the steak. This is an integral part of the cooking process and will ensure your steak is tender.

4



4 Meanwhile, wipe the same frying pan clean and place back over a medium-high heat. Add the remaining olive oil and half of the **butter**. Sauté the **red onion** for 2-3 minutes or until soft. Add the **baby spinach** and cook, tossing, for **1 minute** or until beginning to wilt. Add the **garlic** and cook for a further **2 minutes**, or until fragrant and the spinach is wilted completely. Remove from the heat.

6



5 Place a small saucepan over a medium-low heat and add the remaining butter and cook until melted. Add the **plain flour** and cook, stirring, for **1 minute** until the flour absorbs the butter. Slowly pour in the **milk**, stirring for **1-2 minutes** or until the mixture is smooth and thickens slightly. Stir in the **wholegrain mustard** until combined.

6 To serve, divide the crispy potato slices between plates. Top with the garlic spinach and steak and spoon over the mustard sauce.

Did you know? Australians eat a whopping 60kg of potatoes, per person every year!