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Steak with Crispy Potatoes, Garlic Spinach & Mustard Sauce

We've taken a survey and we reckon there are 3 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 crisps. And finally, a sauce to crown your glory.



Prep: 10 mins

Cook: 35 mins

Total: 45 mins



level 2



high protein



nut free

Pantry Items



Olive Oil



Butter



Plain Flour



Milk



Wholegrain Mustard



Potato



Premium Beef Rump



Baby Spinach





Garlic




Lemon

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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 *
1 bag	2 bags	baby spinach, washed
1 clove	2 cloves	garlic, peeled & crushed 
½	1	lemon, juiced 
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	2340	Kj
Protein	55	g
Fat, total	20.4	g
-saturated	8.6	g
Carbohydrate	36	g
-sugars	8	g
Sodium	462	mg



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

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

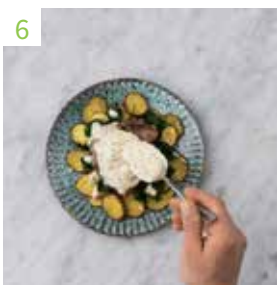
2 Toss the **potato** in half of the **olive oil** and season with **salt** and **pepper**. Place in a single layer on the oven tray and cook in the oven for **30-35 minutes** or until golden and crisp.



3 Meanwhile, heat a medium frying pan over a medium-high heat. Rub the **premium beef rump steaks** 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 foil. Rest for **5 minutes**.



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**. 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 spinach is wilted completely. Add the **lemon juice** and then remove from the heat.



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, until it forms a paste. Add the **milk**, slowly whisking, for **1-2 minutes** or until the mixture is smooth and thickens slightly. Whisk in the **wholegrain mustard** until combined.

6 Divide the potato slices between plates. Top with the garlic spinach and steak and spoon over the mustard sauce.

Did you know? Wisconsin is home to The Mustard Museum.