



Everything But
The Chef

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Seared Soy Steak with Sweet Potato Mash

We reckon this mash will become a go-to on many a busy weeknight. Sweet potato cooks down to a lovely mash in no time at all, and we've packed it full of flavour with chilli, garlic, coriander and spring onions. The sweetness is a perfect accompaniment to our soy seared steak – yum!



Prep: 10 mins

Cook: 15 mins

Total: 25 mins



level 1



gluten free



low-carb



Sweet Potatoes



Long Chilli



Garlic



Coriander



Spring Onions



Porterhouse Steak



Rocket

2P	4P	Ingredients
2	4	Porterhouse steaks
1/4 cup	1/2 cup	soy sauce *
350 g	700 g	sweet potatoes, peeled & chopped A
1	2	long chilli, deseeded & finely diced B
1	2	garlic clove, peeled & crushed ⊕
2 tbs	4 tbs	coriander, finely chopped
1 bunch	2 bunches	spring onions, sliced ⊕
70 g	140 g	rocket, washed ⊕
1 tbs	2 tbs	olive oil *

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	2460	Kj
Protein	61.2	g
Fat, total	26.9	g
-saturated	6.9	g
Carbohydrate	21.4	g
-sugars	10.9	g

Measuretool

0 cm	1 cm	2 cm



1 In a shallow bowl, marinate the **steaks** in the **soy sauce** while you prepare the mash.



2 Bring a pot of salted water to boil and add the **sweet potatoes**, cook for **8-10 minutes** or until soft. (If you're in a hurry, be sure to cut up your sweet potatoes into nice, small pieces). While cooking the sweet potato, finely chop the **chilli**, **garlic**, **coriander**, and **spring onions**.

Drain the sweet potato and mash to your desired consistency. Gently fold through the finely chopped vegetables and herbs, taste and adjust seasoning with **salt** and **pepper**.



3 Heat some oil in a pan over a high heat. Add the steak to the pan and cook for **3 minutes** on each side, cooking time will depend on your preference and the thickness of your steak. Wrap the steaks in foil and leave to rest while plating the mash.

4 Serve your succulent soy steak with a side of the sweet potato mash and the **rocket** drizzled with a little **olive oil**. Enjoy!



Did you know? George Washington Carver, an American scientist and inventor from the early 1900s, developed 118 products from sweet potatoes, including glue for postage stamps and starch for sizing cotton fabrics.