HELLO FRESH

Seared Steak & Gravy
with Carrot-Potato Smash & Salad

Potato

Carrot

Garlic

Beef Rump

Garlic & Herb Seasoning

Cucumber

Baby Spinach Leaves

Gravy Granules

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 15-25 mins
Ready in: 30-40 mins

Carb Smart

This seared steak and cheat's gravy goes perfectly with the vibrant veggie mash and crisp salad. The carrot in the mash keeps the carbs down, and adds a subtle sweet and earthy flavour.

Pantry items

Olive Oil, Butter, Milk, White Wine Vinegar

AA

Before you start

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	2	4
garlic	1 clove	2 cloves
butter* (for the mash)	40g	80g
milk*	2 tbs	¼ cup
beef rump	1 small packet	1 large packet
garlic & herb seasoning	1 sachet	2 sachets
cucumber	1	2
white wine vinegar*	drizzle	drizzle
baby spinach leaves	1 small bag	1 medium bag
water*	½ cup	1 cup
butter* (for the sauce)	20g	40g
gravy granules	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2254kJ (539Cal)	498kJ (119Cal)
Protein (g)	36.1g	8g
Fat, total (g)	29.6g	6.5g
- saturated (g)	18g	4g
Carbohydrate (g)	29.3g	6.5g
- sugars (g)	12.1g	2.7g
Sodium (mg)	949mg	210mg
Dietary Fibre (g)	5.9g	1.3g

The quantities provided above are averages only.

Allergens

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 5 minutes before slicing.

1

Make the carrot-potato smash

- Bring a medium saucepan of salted water to the boil. Peel **potato** and **carrot** and cut into small chunks. Finely chop **garlic**.
- Cook **potato** and **carrot** in boiling water until easily pierced with a knife, **10-15 minutes**. Drain, then transfer to a bowl.
- Return pan to medium-high heat with a drizzle of **olive oil**. Cook **garlic**, stirring, until fragrant, **1 minute**. Remove from heat.
- Return cooked **veggies** to pan, then add the **butter (for the mash)**, **milk** and a pinch of **salt**. Lightly mash, then cover to keep warm.

2

Cook the steak

- *See 'Top Steak Tips' (bottom left)!* While veggies are cooking, place the **beef rump** between two sheets of baking paper. Pound with a meat mallet or rolling pin until slightly flattened. Season with **salt** and **pepper**.
- In a medium bowl, combine **garlic & herb seasoning** and a drizzle of **olive oil**. Add **beef**, turning to coat.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. When the oil is hot, cook **beef**, turning, for **5-6 minutes** (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

TIP: *Pounding the beef ensures it's extra tender once cooked.*

3

Make the salad & gravy

- While steak is resting, roughly chop **cucumber**. In a large bowl, combine a drizzle of **white wine vinegar** and **olive oil**. Season, then add **cucumber** and **baby spinach leaves**. Toss to coat. Set aside.
- Wipe out frying pan and return to a medium-high heat. Cook the **water**, the **butter (for the sauce)** and **gravy granules**, whisking, until smooth and slightly thickened, **2-3 minutes**. Remove from heat.

4

Serve up

- Slice the seared steak.
- Divide steak, carrot-potato smash and salad between plates.
- Spoon gravy over steak and veggie smash to serve.

Enjoy!