



# PREMIUM FILLET STEAK & CHIVE MASHED POTATO

## WITH CREAMY TRUFFLE & MUSHROOM SAUCE



Add truffle oil to  
mushroom sauce!



Dutch Carrots



Premium Fillet  
Steak



Potato



Chives



Brown Onion



Green Beans



Pine Nuts



Garlic



Sliced Mushrooms



Thickened Cream



Truffle Oil



Hands-on: **35 mins**  
Ready in: **40 mins**



**Naturally gluten-free**  
*Not suitable for Coeliacs*

Who says that steak and mash can't be gourmet? When you top tender beef with a silky mushroom sauce flavoured with truffle oil and add creamy mashed potato flecked with chives, this classic combo gets a restaurant-quality vibe. Pour yourself a glass of something special and prepare for a fine dining experience.

**Pantry Staples:** Olive Oil, Milk, Butter



## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **two oven trays** lined with **baking paper** • **large frying pan** • **medium saucepan** with a **lid**



### 1 ROAST THE CARROTS

Preheat the oven to **220°C/200°C fan-forced**. Trim the green tops from the **Dutch carrots** and scrub them clean. Place the carrots on an oven tray lined with baking paper and **drizzle** with **olive oil**. Season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**. Bring a medium saucepan of lightly salted water to the boil.



### 4 PREP THE VEGGIES

While the potato is cooking, finely chop the **brown onion** (see ingredients list). Finely chop the **garlic** (or use a garlic press). Trim the **green beans**. Heat a large frying pan over a medium-high heat. Add the **pine nuts** and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl. Return the frying pan to a medium-high heat. When the pan is hot, add the green beans, a **generous pinch** of **salt** and **pepper** and a **splash** of **water** and cook, tossing often, until tender, **5-6 minutes**. Transfer to a plate and cover to keep warm.



### 2 COOK THE BEEF

While the carrots are roasting, heat a **drizzle** of **olive oil** in a large frying pan over a high heat. Season the **premium fillet steak** all over with **salt** and **pepper** and add to the hot pan. Sear the steak until browned, **1 minute** on each side. Transfer to a second oven tray lined with baking paper and roast for **8-10 minutes** for medium or until cooked to your liking. Remove the tray from the oven and set aside to rest for **10 minutes**.

💡 **TIP:** The meat will keep cooking as it rests!



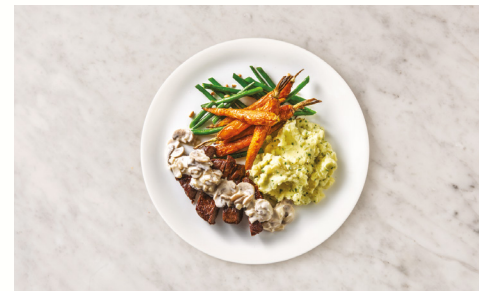
### 5 MAKE THE SAUCE

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. When the oil is hot, add the **onion** and **sliced mushrooms** and cook until softened, **2-3 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Reduce the heat to low and stir through the **thickened cream**, a **generous pinch** of **salt**, the **steak resting juices** and the **truffle oil** (see ingredients list). Cook, stirring, until just warmed through, **1 minute**. 💡 **TIP:** Add a **splash of water** if the sauce is too thick.



### 3 MAKE THE CHIVE MASH

Peel the **potato** and cut into 2cm chunks. Add the potato to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain and return to the pan. Add the **milk**, **butter** and the **salt** and mash with a potato masher or fork until smooth. Finely chop the **chives**. Stir the chives through the mash. Cover with a lid to keep warm.



### 6 SERVE UP

Thickly slice the steak. Divide the sliced steak, chive mashed potato, roasted carrots and green beans between plates. Spoon the creamy truffle and mushroom sauce over the steak and sprinkle the veggies with pine nuts.

## ENJOY!

## 2/4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
Dutch carrots	1 bunch	2 bunches
premium fillet steak	2 steaks	4 steaks
potato	2	4
milk*	2 tbs	½ cup
butter*	40 g	80 g
salt*	¼ tsp	½ tsp
chives	1 bunch	1 bunch
brown onion	½	1
garlic	1 clove	2 cloves
green beans	1 bag (200 g)	1 bag (400 g)
pine nuts	1 packet	2 packets
sliced mushrooms	1 packet (150 g)	2 packets (300 g)
thickened cream	1 packet (150 g)	2 packets (300 g)
truffle oil	½ bottle	1 bottle

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3210kJ (767Cal)	438kJ (105Cal)
Protein (g)	44.6g	6.1g
Fat, total (g)	46.3g	6.3g
- saturated (g)	22.5g	3.1g
Carbohydrate (g)	38.9g	5.3g
- sugars (g)	8.8g	1.2g
Sodium (g)	400mg	55mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

### PAIR THIS MEAL WITH

Shiraz  
or  
Pinot Noir

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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