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WK34
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Premium Steak with Mushroom Sauce and Creamy Mash

The ultimate in comforting pub fare without the hassle of getting down the pub in the cold. With this creamy mushroom sauce infused with Dijon mustard, you've got a night of deliciousness ahead. Don't forget to rest your steaks for perfect tenderness!



Prep: 15 mins

Cook: 30 mins

Total: 45 mins



level 1



nut free



helping hands

Pantry Items



Butter



Milk



Olive Oil



Plain Flour



Dijon Mustard



Potatoes



Snow Peas



Premium Beef Rump





Button Mushrooms

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QTY	Ingredients	
1 kg	potatoes, peeled & chopped into 2 cm chunks	
1 packet	snow peas, ends trimmed	
3 tbs	butter *	
1 cup	milk *	
1 tbs	olive oil *	
2 steaks	premium beef rump	
1 punnet	button mushrooms, sliced	
1 tbs	plain flour *	
2 tsp	Dijon mustard *	

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

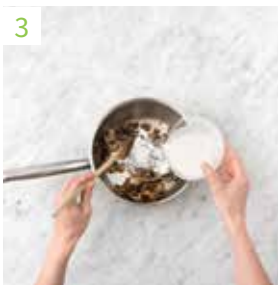
Energy	2260	Kj
Protein	12.6	g
Fat, total	13.2	g
-saturated	6.5	g
Carbohydrate	41.2	g
-sugars	7.1	g
Sodium	121	mg



You will need: *chef's knife, chopping board, vegetable peeler, large pot with a lid, tongs or slotted spoon, colander, potato masher or fork, large frying pan, plate, aluminium foil, medium saucepan, small bowl and wooden spoon.*



1 Place the **potato** in a large pot of salted water. Cover and bring to the boil, and then reduce to a simmer for **15 minutes**. Add the **snow peas** and simmer for a further **2-3 minutes** or until the potato and snow peas are tender. Remove the snow peas using tongs or a slotted spoon and set aside. Drain the potatoes and return them to the saucepan with **1 ½ tbs** of the **butter** and a **¼ cup** of **milk**. Mash the mixture together with a potato masher or fork until smooth. Season to taste with **salt** and **pepper**.



2 Heat half the **olive oil** in a large frying pan over a medium-high heat. Cook the **premium beef rump steaks** for **3-4 minutes** on each side for medium rare, or until cooked to your liking. Transfer to a plate and cover with foil for **5-7 minutes** to rest (this ensures the meat is tender and juicy). Slice into 1 cm thick slices.



3 While the steak is resting, make the mushroom sauce. Heat the remaining olive oil and butter in a medium saucepan over a medium-high heat. Add the **button mushrooms** and cook for **4-5 minutes**, or until soft. Combine the remaining milk and **plain flour** in a small bowl, and then add to the pan. Simmer for **1-2 minutes**, stirring with a wooden spoon, until the sauce thickens. Add the **Dijon mustard** and stir. Season to taste with salt and pepper. Remove from the heat.

4 To serve, divide the creamy mash, snow peas and sliced steak between plates. Top with the mushroom sauce. Enjoy!

Did you know? Ancient Egyptians believed mushrooms were the plant of immortality, according to hieroglyphics.