



Seared Beef & Creamy Mustard Sauce

with Mashed Potato & Green Beans

Grab your Meal Kit with this symbol



Potato



Carrot



Green Beans



Parsley



Baby Spinach Leaves



Beef Rump



Light Thickened Cream



Dijon Mustard



Beef Stock

- Hands-on: **30 mins**
- Ready in: **35 mins**
- Naturally gluten-free
- Not suitable for Coeliacs*

Long after you finish this dinner of steak and three veg, you're going to remember the way it was transformed by the simple addition of a luscious creamy mustard sauce. It's an easy trick that gives this classic dish a new lease of life.

Pantry items

Olive Oil, Milk, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash too.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	4 People
olive oil*	refer to method
potato	5
milk*	½ cup
salt*	½ tsp
butter*	80g
carrot	2
green beans	1 bag (200g)
parsley	1 bag
baby spinach leaves	1 bag (60g)
beef rump	1 packet
light thickened cream	2 packets (300ml)
Dijon mustard	1 tub (15g)
beef stock	1 cube

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2890kJ (690Cal)	456kJ (109Cal)
Protein (g)	38.7g	6.1g
Fat, total (g)	39.4g	6.2g
- saturated (g)	24.0g	3.8g
Carbohydrate (g)	43.0g	6.8g
- sugars (g)	10.2g	1.6g
Sodium (g)	692mg	109mg

Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Make the mash

Bring a medium saucepan of lightly salted water to the boil. 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**, **salt** and the **butter** and mash with a potato masher or fork until smooth. Cover with a lid to keep warm.



2. Get prepped

While the potato is cooking, thinly slice the **carrot** (unpeeled) into half-moons. Trim the **green beans**. Roughly chop the **parsley**.



3. Cook the veggies

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **carrot** and **green beans** and cook until tender, **5-6 minutes**. Add the **baby spinach leaves** and cook until wilted, **1-2 minutes**. Transfer to a bowl and cover to keep warm.



4. Cook the steak

Return the frying to a high heat with a **drizzle** of **olive oil**. Season the **beef rump** with a **pinch** of **salt** and **pepper** on both sides. When the oil is hot, add the **beef** and cook for **2-3 minutes** each side (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

TIP: This will give you a medium steak, but cook for a little less if you like it rare or a little longer for well done.



5. Make the sauce

Return the frying pan to a medium heat and add the **light thickened cream** and **Dijon mustard**. Crumble in **1 beef stock cube**. Simmer until the sauce starts to thicken, **2-3 minutes**. Stir in any **beef resting juices**.

TIP: Add a little less mustard if you're not a fan of the flavour.



6. Serve up

Thinly slice the steak. Divide the mashed potato, veggies and steak between plates. Spoon over the creamy mustard sauce and garnish with parsley.

Enjoy!