



Seared Steak & Béarnaise with Mash & Mustardy Greens

FRESH & FAST

Box to plate: 15 mins

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 2173kJ (519Cal) | Protein 39.4g | Fat, total 26g - saturated 11g | Carbohydrate 28.8g - sugars 7.6g | Sodium 912mg
Naturally gluten-free (Not suitable for coeliacs) | **Calorie Smart**

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Get ready

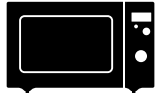
Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You'll need

(along with the basics)



Large Frying Pan

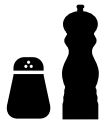


Microwave

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Beef Rump	1 pkt	1 pkt
Trimmed Green Beans	1 pkt	2 pkts
Wholegrain Mustard	1 tub	2 tubs
Mashed Potato	1 pkt	2 pkts
Béarnaise	1 pkt (50g)	1 pkt (100g)

Allergens

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

1. Sizzle



Beef Rump

2. Toss



Zucchini



Trimmed Green Beans



Wholegrain Mustard

3. Zap



Mashed Potato



Béarnaise

- Heat **olive oil** in a frying pan over high heat
- Season **beef** generously and cook for **2-3 mins** on each side, or until cooked to your liking
- Transfer to a plate to rest

- Chop **zucchini**
- Return pan to medium-high heat with **olive oil**
- Add **zucchini** and **beans** and cook until tender, **3-4 mins**
- Add **mustard** to taste and toss to coat
- Season to taste

- Meanwhile, microwave **mash** until hot and steaming, **3 mins**
- Slice the **steak**
- Serve **steak, mash** and **greens** with **béarnaise**



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.