



Seared Steak & Gravy

with Carrot-Potato Smash & Salad

Grab your Meal Kit with this symbol



Potato



Carrot



Garlic



Nan's Special Seasoning



Tomato



Salad Leaves

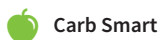


Gravy Granules



Beef Rump

Prep in: 15-25 mins
Ready in: 30-40 mins



This juicy seared steak and cheat's gravy go perfectly with the vibrant veggie smash and crisp salad. The carrot in the mash keeps the carbs down, all while adding a subtly sweet and earthy flavour.

Pantry items

Olive Oil, Butter, Milk, White Wine Vinegar

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.

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	2	4
carrot	2	4
garlic	1 clove	2 cloves
butter*	40g	80g
milk*	2 tbs	¼ cup
beef rump	1 small packet	1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
tomato	1	2
white wine vinegar*	drizzle	drizzle
salad leaves	1 small bag	1 medium bag
gravy granules	1 medium sachet	1 large sachet
boiling water*	½ cup	1 cup

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2150kJ (513Cal)	394kJ (94Cal)
Protein (g)	38.1g	7g
Fat, total (g)	21.3g	3.9g
- saturated (g)	12.5g	2.3g
Carbohydrate (g)	39.4g	7.2g
- sugars (g)	12.8g	2.3g
Sodium (mg)	944mg	173mg
Dietary Fibre	7.4g	1.4g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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**, then cut into large chunks. Finely chop **garlic**.
- Cook **potato** and **carrot** in the boiling water until easily pierced with a fork, **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 **potato** and **carrot** to pan, then add the **butter**, the **milk** and a generous pinch of **salt**. Lightly mash, then cover to keep warm.

3



Make the salad & gravy

- While the steak is resting, boil the kettle. Roughly chop **tomato**.
- In a large bowl, combine a drizzle of **white wine vinegar** and **olive oil**. Season, then add **tomato** and **salad leaves**. Toss to combine. Set aside.
- In a medium heatproof bowl, combine **gravy granules** and the **boiling water** (1/2 cup for 2 people / 1 cup for 4 people), whisking, until smooth, **1 minute**.

2



Cook the steak

- See '**Top Steak Tips!**' (**bottom left**). While the veggies are cooking, place **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 **Nan's special 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 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!

4



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

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