

Sirloin Steak & Creamy Mushroom-Thyme Sauce

with Mashed Potato & Green Beans

Grab your Meal Kit with this symbol



Potato



Green Beans



Garlic



Thyme



Sirloin Steak



Sliced Mushrooms



Light Thickened Cream



Beef Stock

Hands-on: **10-20 mins**
Ready in: **25-35 mins**

Eat me early

Naturally gluten-free
Not suitable for Coeliacs

It's hard to beat a classic pub bistro meal. A juicy cut of premium beef steak is always satisfying, while a side of potato mash and green beans are comfortably familiar. Just add a creamy mushroom and thyme sauce to perfectly tie it all together!

Pantry items
Olive Oil, Butter, Milk

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	30g	60g
milk*	2 tbs	½ cup
salt*	¼ tsp	½ tsp
green beans	1 bag (200g)	1 bag (400g)
garlic	2 cloves	4 cloves
thyme	1 bunch	1 bunch
sirloin steak	1 packet	2 packets
sliced mushrooms	1 punnet (150g)	1 punnet (300g)
light thickened cream	1 packet (150ml)	2 packets (300ml)
beef stock	½ cube	1 cube

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3024kJ (722Cal)	466kJ (111Cal)
Protein (g)	45.1g	6.9g
Fat, total (g)	43g	6.6g
- saturated (g)	22.8g	3.5g
Carbohydrate (g)	37.6g	5.8g
- sugars (g)	8.6g	1.3g
Sodium (mg)	638mg	98mg

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.

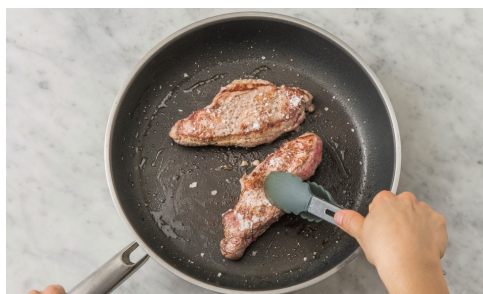
Top Steak Tips!

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 mashed potato

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 saucepan. Add the **butter**, **milk** and **salt**, then mash with a potato masher or fork until smooth. Cover to keep warm.



4. Cook the steak

See Top Steak Tips (left) for extra info!

Return the pan to a high heat with a **drizzle** of **olive oil**. **Drizzle** the **sirloin steak** with **olive oil** and season with **salt** and **pepper** on both sides. When the oil is hot, add the **steaks** to the pan and cook for **2 minutes** on each side for medium-rare or cooked to your liking. Using tongs, sear the fat for **30 seconds** or until golden. Transfer to a plate to rest.



2. Get prepped

While the potato is boiling, trim the **green beans**. Finely chop the **garlic** (or use a garlic press). Pick the **thyme** leaves.



5. Make the mushroom sauce

Return the pan to a high heat with a **drizzle** of **olive oil**. Add the **sliced mushrooms** and cook, stirring, until browned, **4-5 minutes**. Add the **garlic** and **thyme** and cook until fragrant, **1 minute**. Reduce the heat to medium-low, add the **light thickened cream** and **beef stock (1/2 cube for 2 people / 1 cube for 4 people)**, stir to combine and cook until thickened slightly, **1-2 minutes**. Season to taste.



3. Cook the green beans

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **green beans** and a **dash** of **water** and cook, tossing, until tender, **4-5 minutes**. Season with **salt** and **pepper** and transfer to a plate. Cover to keep warm.



6. Serve up

Thinly slice the steaks and divide between plates with the green beans and mashed potato. Spoon over the creamy mushroom sauce to serve.

Enjoy!