

Steak & Potato Frites

with Nutty Beans & Parsley-Butter





Make a parsley butter





Potato



9



Garlic

Brocco

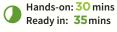




Beef Rump

Pine Nu

Pantry Staples: Olive Oil, Butter







certain continental confidence. Best served with a glass of good red and a belief in your own cultural superiority!

We know, big call. But we're taking a leaf out the French's book, stepping into the kitchen and owning this recipe with a

BEFORE YOU STAR

Our fruit and veggies need a little wash before you use them!! You will need: chef's knife, chopping board, oven tray lined with baking paper, small bowl, large frying pan, tongs and wooden spoon.



BAKE THE FRIES Preheat the oven to 220°C/200°C fan-forced. Slice the potato (unpeeled) into 0.5cm thin fries. * TIP: Slice off each side of the potato to form a rectangle, then cut into fries. * TIP: Cut the fries to the correct size to ensure they cook in the allocated time. Place the fries on the oven tray lined with baking paper. Drizzle with olive oil and season with a pinch of salt and pepper. Toss to coat and



bake for 25-30 minutes, or until tender.



COOK THE STEAK When the fries have 10 minutes cook time remaining, return the large frying pan to a high heat with a **drizzle** of **olive oil**. Season the **beef rump** with a **pinch** of **salt** and **pepper** on both sides and cook for 2-3 minutes on each side (depending on thickness), or until cooked to your liking. *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. Transfer to a plate. Cover with foil to keep warm and set aside to rest.



GET PREPPED While the fries are baking, finely chop the **garlic** (or use a garlic press). Finely chop the **parsley** leaves. Cut the **broccoli** into 2cm florets, then roughly chop the stalk.

Heat a large frying pan over a medium-high heat. Add the pine nuts and toast, tossing, for 3-4 minutes or until golden. Transfer to a small bowl.



COOK THE BROCCOLI While the steak is resting, return the large frying pan to a medium-high heat with a drizzle of olive oil. Add the broccoli and cook for **5-6 minutes**, or until tender. * TIP: Add a **dash** of **water** to help speed up the cooking process. Add the **remaining garlic** and cook for 1 minute, or until fragrant. Season to taste with salt and pepper.



MAKE THE PARSLEY BUTTER (OPTIONAL)

Microwave the **butter** in a small bowl on high for **5 seconds**, or until softened. *TIP: If you don't have a microwave, place the butter in a warm place for 10 minutes. *TIP: For the low calorie option, use only **3/4** of the butter! Stir through the parsley and 1/2 of the garlic. TIP: You can add less if you're not a fan of garlic. Season with a pinch of salt and pepper and mix well.



SERVE UP Divide the steak, potato frites and broccoli between plates. Sprinkle the toasted pine nuts over the broccoli. Top the steak with a dollop of parsley-butter.

Enjoy!

INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
garlic	1 clove	2 cloves
parsley	1 bunch	1 bunch
broccoli	1 head	2 heads
pine nuts	1 packet	2 packets
butter*	40 g	80 g
beef rump	1 packet	1 packet

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2190kJ (524Cal)	412kJ (98Cal)
Protein (g)	42.0g	7.9g
at, total (g)	24.2g	4.5g
saturated (g)	11.5g	2.2g
Carbohydrate (g)	31.0g	5.8g
sugars (g)	3.2g	0.6g
Sodium (g)	140mg	26mg

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo

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