



Seared Steak and Homemade Chips

with Nutty Beans & Garlic-Parsley Butter



Make your own
parsley butter



Potato



Parsley



Garlic



Green Beans



Beef Rump



Slivered Almonds

Pantry Staples: Olive Oil, Butter

Hands-on: 30 mins
Ready in: 40 mins

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

BEFORE YOU START

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, garlic crusher, small bowl, medium bowl, spoon, large frying pan, tongs, plate** and **aluminium foil**.



1 BAKE THE FRIES

Preheat the oven to **220°C/200°C fan-forced**. Bring the **butter** to room temperature. Slice the **potato** (unpeeled) into 0.5 cm thin fries. **TIP:** Slice each side of the potato to form a rectangle, then cut into fries. 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 place in the oven to bake for **25-30 minutes**, or until tender and golden.



4 COOK THE STEAK

In the **last 10 minutes** of potato cooking time, heat a **drizzle** of **olive oil** in a large frying pan over a high heat. Season the **beef rump** with a **pinch** of **salt** and **pepper** on both sides and cook for **1-2 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. Set aside on a plate and cover with foil to rest for **5 minutes**. **TIP:** Resting steak allows the juices to settle so they don't escape when slicing.



2 GET PREPPED

While the fries are baking, pick and finely chop the **parsley** leaves. Peel and crush the **garlic**. Trim the ends of the **green beans**.



5 COOK THE GREEN BEANS

While the steak is resting, return the large frying pan to a medium-high heat and add the **green beans**. Cook for **3 minutes**, or until softened. Add the **remaining garlic** and the **slivered almonds** and cook for **1 minute**, or until fragrant and golden. Season to taste with a **pinch** of **salt** and **pepper** and remove from the heat.



3 MAKE THE PARSLEY BUTTER

Place the **butter** in a small bowl and microwave on **high** for **5 seconds**, or until softened. **TIP:** If you don't have a microwave, place the butter in a small bowl over a warm water bath. Transfer the softened butter to a medium bowl and combine with the **parsley** and $\frac{1}{2}$ of the **garlic**. Season with a **pinch** of **salt** and **pepper** and mix well. **TIP:** For a healthier option, skip this step and add the **parsley** to the cooked green beans.



6 SERVE UP

Divide the steak, chips and nutty beans between plates. Top the steak with a dollop of garlic-parsley butter (if using).

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
butter*	40 g	80 g
potato	400 g	800 g
parsley	1 bunch	1 bunch
garlic	2 cloves	4 cloves
green beans	1 bag	1 bag
beef rump	1 packet	1 packet
slivered almonds	1 sachet (2 tbs)	2 sachets (4 tbs)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2320kJ (555Cal)	473kJ (113Cal)
Protein (g)	41.7g	8.5g
Fat, total (g)	28.5g	5.8g
- saturated (g)	14.2g	2.9g
Carbohydrate (g)	29.4g	6.0g
- sugars (g)	2.8g	0.6g
Sodium (g)	157mg	32mg

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