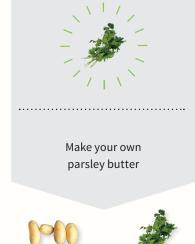


Seared Steak and Homemade Chips

with Nutty Beans & Garlic-Parsley Butter







ic Green Beans





ump 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!

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.



Preheat the oven to 220°C/200°C fanforced. 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.



2GET PREPPEDWhile the fries are baking, pick and finely chop the **parsley** leaves. Peel and crush the **garlic**. Trim the ends of the **green beans**.



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 ½ 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.



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

Enjoy!



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.



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.

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

→ JOIN OUR PHOTO CONTEST!





#HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722
Hello@HelloFresh.com.au

2017 | WK47 | C

