



Striploin Steak & Dijon Butter

with Dauphinoise Potatoes & Greens

Grab your Meal Kit with this symbol



Potato



Garlic



Light Thickened Cream



Chicken Stock



Grated Parmesan Cheese



Green Beans



Zucchini



Dijon Mustard



Striploin Steak

Hands-on: **20-30 mins**
Ready in: **25-35 mins**

Naturally gluten-free
Not suitable for Coeliacs

It's a classic pub bistro meal that hits all the right spots. From the juicy sirloin cut to the cheesy potatoes, and a buttery Dijon sauce to tie it together, you're in for a real treat.

Pantry items

Olive Oil, Butter

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 · Small baking dish · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	3 cloves	6 cloves
butter*	30g	60g
light thickened cream	1 packet (150ml)	2 packets (300ml)
chicken stock	1 cube	2 cubes
grated Parmesan cheese	1 packet	2 packets
green beans	1 bag (200g)	1 bag (400g)
zucchini	1	2
Dijon mustard	1 tub	2 tubs
striploin steak	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3259kJ (778Cal)	464kJ (110Cal)
Protein (g)	48.7g	6.9g
Fat, total (g)	48g	6.8g
- saturated (g)	25.6g	3.6g
Carbohydrate (g)	36g	5.1g
- sugars (g)	9.8g	1.4g
Sodium (mg)	893mg	127mg

Allergens

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

Visit [hellofresh.com.au/foodinfo](https://www.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. Prep the potatoes

Preheat the oven to **220°C/200°C fan-forced**. Bring a medium saucepan of salted water to the boil. Cut the **potato** (unpeeled) into 0.5cm-thick rounds. Finely chop the **garlic** (or use a garlic press). Place the **butter** in a small bowl and allow to come to room temperature. When the water is boiling, add the **potato** and cook until just tender, **3-4 minutes**. Drain.



4. Cook the steak

See Top Steak Tips (left) for extra info! Heat a **drizzle of olive oil** in a large frying pan over a high heat. Season the **steak** with **salt** and **pepper** on both sides. When the oil is hot, add the **steaks** and cook for **2-3 minutes** on each side (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.



2. Bake the potatoes

In a small baking dish, combine the **light thickened cream**, **1/2** the **garlic**, a **pinch of salt** and **pepper** and **crumbled chicken stock (1 cube for 2 people / 2 cubes for 4 people)**. Add the **potato slices** and arrange so they sit flat, gently shaking the dish to cover with the **cream mixture**. Sprinkle with the **grated Parmesan cheese** and season with **pepper**. Cover the dish with foil, then bake on the middle shelf until the **potato** has softened, **15 minutes**. Carefully remove the foil then bake until golden and the centre can be easily pierced with a knife, **10 minutes**.



5. Cook the veggies

While the steak is resting, return the frying pan with a **good dash of water** over a medium-high heat. Add the **green beans** and **zucchini** and cook until softened, **4-5 minutes**. Remove from the heat and season to taste.



3. Get prepped

While the potatoes are baking, trim the **green beans**. Cut the **zucchini** into small chunks. Add the **Dijon mustard**, the **remaining garlic** and a **pinch of salt** and **pepper** to the bowl with the **butter**. Mash with a fork until combined.



6. Serve up

Thickly slice the steak. Divide the dauphinoise potatoes between plates and serve with the greens and steak. Pour over any resting juices from the steak and top with the Dijon butter.

Enjoy!