



Beef Strips, Cheesy Chips 'n Posh Gravy with Roasted Green Beans

N° 10

FAMILY Hands On Time: 20 Minutes • Total Time: 45 Minutes • 2 of your 5 a day



Potato



Cheddar Cheese



Red Onion



Closed Cup Mushrooms



Green Beans



Beef Strips



Plain Flour



Red Wine Stock Pot



Lamb Strips



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Basic cooking tools, you will need:

Coarse Grater, Two Baking Trays and Frying Pan.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Cheddar Cheese 7)**	1 block	2 blocks	2 blocks
Red Onion**	1	1	2
Closed Cup Mushrooms**	1 small punnet	1 large punnet	2 small punnets
Green Beans**	1 small pack	1 large pack	1 large pack
Beef Strips**	240g	360g	480g
Plain Flour 13)	8g	16g	16g
Water for the Sauce*	200ml	300ml	400ml
Red Wine Stock Pot 14)	1 pot	1½ pots	2 pots
Lamb Strips**	200g	300g	400g

*Not Included ** Store in the Fridge

Custom Recipe: Not sure what this is about? Let us explain. We're currently trialing something exciting to make your dinners even more delicious and will be offering Custom recipes to all our customers very soon!

Nutrition

	Per serving	Per 100g
for uncooked ingredient	703g	100g
Energy (kJ/kcal)	2307 /552	328 /79
Fat (g)	19	3
Sat. Fat (g)	9	1
Carbohydrate (g)	56	8
Sugars (g)	11	2
Protein (g)	40	6
Salt (g)	2.28	0.33
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	673g	100g
Energy (kJ/kcal)	475 /1985	71 /295
Fat (g)	14	2
Sat. Fat (g)	7	1
Carbohydrate (g)	57	8
Sugars (g)	11	2
Protein (g)	31	5
Salt (g)	2.26	0.36

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

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1. Cook the Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel!). Grate the **cheese**. Pop the **wedges** on a large baking tray in a single layer. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. Five mins before the end of cooking, sprinkle the **cheese** evenly over the **potatoes**, roast for the remaining time.



4. Roast the Green Beans

While the **mushrooms** are frying, pop your **green beans** in the oven to roast until crispy but tender, 15-20 mins.



2. Finish the Prep

Meanwhile, halve, peel and thinly slice the **red onion**. Thinly slice the **mushrooms**. Put the **green beans** on another baking tray and drizzle with **oil**. Season with **salt** and **pepper**. Toss to coat and leave to the side.



5. Make the Sauce

When the **mushrooms** are browned, stir in the **flour** and cook for 1 minute. Add the **beef strips** back in, along with any **juices**, then pour in the **water** (see ingredients for amount) and add the **red wine stock pot**. Dissolve it with a spoon and bring the mixture to a simmer. Simmer until the **sauce** is nice and glossy and slightly reduced, 10-15 mins. **IMPORTANT: The steak is safe to eat when the outside is cooked.**



3. Fry the Beef

Heat a drizzle of **oil** in a frying pan on high heat. Add the **beef strips** and season with **salt** and **pepper**. Flash fry until nicely browned on the outside, 2 mins. Once browned, remove the **meat** to a bowl. Put your pan back on the heat and turn the heat to medium-high. Add the **onion** and **mushrooms** along with a drizzle of **oil**. Season with **salt** and **pepper**, then stir-fry until golden and soft, 5-6 mins.



CUSTOM RECIPE

If you've opted to get **lamb strips** instead of **beef strips**, cook the **lamb** in the same way the recipe tells you to cook the **beef**.



6. Finish and Serve

Serve whichever way you want... either with the **chips** alongside the **beef**, **gravy** and **mushroom** and a good portion of **green beans**, or the **beef** and **gravy** served on top of the **chips**!

Enjoy!