



Steak Strips, Cheesy Chips 'n Posh Gravy

with Roasted Green Beans

N° 10

FAMILY Hands on Time: 20 Minutes • Total Time: 45 Minutes



Potato



Cheddar Cheese



Red Onion



Closed Cup Mushrooms



Green Beans



Steak Strips



Plain Flour



Red Wine Stock Pot

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Coarse Grater, Two Large Baking Trays, Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Potato**	1 small pot	1 large pot	2 small pots
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	¾ large pack	1 large pack
Steak 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

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	703g	100g
Energy (kJ/kcal)	2282 /546	325 /78
Fat (g)	19	3
Sat. Fat (g)	9	1
Carbohydrate (g)	54	8
Sugars (g)	9	1
Protein (g)	41	6
Salt (g)	2.42	0.35

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.

Contact

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Packed in the UK



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 **steak 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 Steak

Heat a drizzle of **oil** in a frying pan on high heat. Add the **steak** strips and season with **salt** and **pepper**. Stir-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.



6. Finish and Serve

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

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.