

with Roasted Green Beans

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













Cheddar Cheese







Red Onion

Closed Cup Mushrooms







Green Beans

Steak Strips







Red Wine Stock Pot

Before you start

Our fruit, veggies and herbs need a wash before vou 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

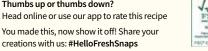
7) Milk 13) Gluten 14) Sulphites

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.

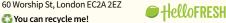
Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

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.



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.



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.



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.



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.



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!

Eniov!

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.