



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

Calorie Smart Eat Me Early • 45 Minutes • 1 of your 5 a day • Under 600 calories

25



Potato



Cheddar Cheese



Red Onion



Closed Cup
Mushrooms



Green Beans



Beef Strips



Plain Flour



Red Wine
Stock Paste

Before you start

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

Cooking tools, you will need:

Cutting Board, Knife, Grater, Baking Tray, Frying Pan, Bowl, Saucepan and Colander.

Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Cheddar Cheese 7)**	30g	60g	60g
Red Onion**	1	1	2
Closed Cup Mushrooms**	150g	225g	300g
Green Beans**	150g	200g	300g
Beef Strips**	240g	360g	480g
Plain Flour (13)	8g	16g	16g
Water for the Sauce*	200ml	300ml	400ml
Red Wine Stock Paste (14)	1 sachet	1½ sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	592g	100g
Energy (kJ/kcal)	2306 /551	390 /93
Fat (g)	19	3
Sat. Fat (g)	9	1
Carbohydrate (g)	55	9
Sugars (g)	8	1
Protein (g)	41	7
Salt (g)	2.42	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soy, Gluten & Sulphites.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



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.



Make the Sauce

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



Finish the Prep

Meanwhile, halve, peel and thinly slice the **red onion**. Thinly slice the **mushrooms**. Trim the **green beans**.



Cook the Beans

Meanwhile, bring a medium saucepan of **water** to the boil with ½ tsp of **salt**. Add the **beans** to the **water** and simmer until tender, 4-6 mins. Once cooked, drain in a colander.



Fry the Steak

Heat a drizzle of **oil** in a frying pan on high heat. Add the **beef strips** and season with **salt** and **pepper**. Stir-fry until nicely browned on the outside, 2 mins. **IMPORTANT: Wash your hands after handling raw meat.** 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.



Finish and Serve

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