



# Matured Steak and Dauphinoise Potatoes

with Garlicky Green Beans and a Red Wine Jus

N° 19

**PREMIUM** 40 Minutes • 1 of your 5 a day



Green Beans



Potatoes



Onion



Garlic Clove



Vegetable Stock Powder



Crème Fraîche



Sirloin Steak



Red Wine Jus Paste

## Before you start

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

### Basic cooking tools you will need:

Large Saucepan, Peeler, Fine Grater (or Garlic Press), Ovenproof Dish, Measuring Jug and Two Frying Pans.

### Ingredients

	2P	3P	4P
Green Beans**	1 small pack	1 large pack	2 small packs
Potatoes**	1 small pack	1 large pack	2 small packs
Onion**	1	1	2
Garlic Clove**	2 cloves	3 cloves	4 cloves
Water for the Gratin*	75ml	100ml	150ml
Vegetable Stock Powder <b>10)</b>	1 sachet	1½ sachets	2 sachets
Crème Fraîche <b>7)</b> **	150g	225g	300g
Sirloin Steak**	2	3	4
Water for the Jus*	150ml	225ml	300ml
Red Wine Jus Paste <b>10) 14)</b>	1 pot	1½ pots	2 pots

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	650g	100g
Energy (kJ/kcal)	3167 /757	488 /117
Fat (g)	41	6
Sat. Fat (g)	18	3
Carbohydrate (g)	60	9
Sugars (g)	11	2
Protein (g)	49	8
Salt (g)	2.43	0.37

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk **10)** Celery **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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HelloFresh UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

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## 1. Get the Gratin Going

Preheat your oven to 200°C. Pop a large saucepan of **water** onto boil with ½ tsp **salt**. Trim the **green beans**. Peel the **potatoes** and chop into ½ cm thick discs. Add to the **water** and cook gently until the **potatoes** have softened but are not cooked through, 6-8 mins. Meanwhile, halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). When the **potatoes** are cooked, drain into a colander and allow to steam for a couple of minutes.



## 4. Green Bean Time!

Heat a drizzle of **oil** in another frying pan on medium high heat. Add the **green beans**, season with **salt** and **pepper** and stir fry for 2 mins. Add the remaining **garlic** and cook, stirring, for one minute. Add a splash of **water**, cover with foil and cook for 3-4 mins, until just tender.



## 2. Assemble the Gratin

Once the **potatoes** are drained, lay **half** the **potato slices** in an appropriately sized ovenproof dish. Set aside. Heat a splash of **oil** in a frying pan over a medium-high heat. Add the **onion** and cook until softened and lightly browned, 5-6 mins. Add **half** the **garlic** and cook for a minute. Pour in the **water** (see ingredients for amount), **stock powder** and **crème fraîche**. Bring to the boil pour onto the **potatoes** in the dish. Arrange the remaining **potatoes** on top. Bake the gratin in the oven until the **potatoes** are cooked through and top is golden, 25-30 mins.



## 5. Sauce Time!

While the beans cook, add the **water** (see ingredients for amounts) to the now empty steak frying pan. Add the **red wine jus paste** over medium high heat. Stir to dissolve, bring to the boil then simmer for 1-2 mins. Add a splash of **water** and the **steak resting juices** to loosen if you like.



## 3. Cook the Steak!

10 mins before the **gratin** is cooked, heat a drizzle of **oil** in a frying pan on high heat. Season the **steaks** with **salt** and **pepper**. When the **oil** is hot, lay the **steaks** in the pan and brown for a minute on each side. Lower the heat slightly and cook for another 1-2 mins on each side for medium rare. **TIP:** Cook for 1-2 mins more if you like it more cooked. **IMPORTANT:** The steak is safe to eat when the outside is browned. Set aside to a plate to rest wrapped in foil. Don't wash your pan, you need it later for your sauce.



## 6. Serve!

Divide the **gratin** between your plates, serve with the **steak** and **green beans** drizzled with the **jus**. **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.