

# Steak, Dauphinoise Potatoes and Red Wine Jus

with Garlicky Green Beans

PREMIUM 40 Minutes • 1 of your 5 a day





Green Beans









Vegetable Stock Powder





Red Wine Jus Paste

## Before you start

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

#### Basic cooking tools, you will need:

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

#### 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	2 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 10) 14)	1 pot	1½ pots	2 pots

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

#### Nutrition

	Per serving	Per 100g
for uncooked ingredient	650g	100g
Energy (kJ/kcal)	3178 /760	489/117
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

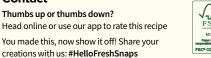
Please remember to check your ingredient packaging for information on allergens and traces of allergens!

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, Soya, Gluten & Sulphites.

#### Contact

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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 simmer until the **potatoes** are just cooked, 8-10 mins. Meanwhile, halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). When the **potatoes** are cooked, carefully drain into a colander and allow to steam for a couple of minutes.



#### 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, 20-25 mins.



#### 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.



#### 4. Green Bean Time

Meanwhile, 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 then add the remaining garlic and cook, stirring, for 1 min. Add a splash of water, cover with foil and cook for 3-4 mins, until just tender.



## 5. Sauce Time

While the beans cook, add the water (see ingredients for amounts) to the now empty steak frying pan with 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.



#### 6. Serve!

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

**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.