



Steak, Dauphinoise Potatoes and Red Wine Jus with Garlicky Green Beans

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:

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 10) | 1 sachet | 2 sachets | 2 sachets |
| Crème Fraîche 7)** | 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.



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.



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.



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.



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.