

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



Premium 40 Minutes • 1 of your 5 a day





Green Beans



Potatoes







Vegetable Stock Powder



Sirloin Steak



Red Wine Jus Paste

Crème Fraîche

Before you start

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

Cooking tools, you will need:

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

	2P	3P	4P
Green Beans**	1 small pack	1 large pack	2 small packs
Potatoes**	3	4	6
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	1 pot	1½ pots	2 pots

^{*}Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	717g	100g
Energy (kJ/kcal)	3381/808	472/113
Fat (g)	41	6
Sat. Fat (g)	18	3
Carbohydrate (g)	71	10
Sugars (g)	11	1
Protein (g)	51	7
Salt (g)	2.43	0.34

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.

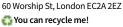
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Get the Gratin Going

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 ½cm 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.



Assemble the Gratin

Once the **potatoes** are drained, lay **half** the **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 and 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.



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'll need it later for your sauce.



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.



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.



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.