



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

Premium 40 Minutes • 1 of your 5 a day

30



Green Beans



Potato



Onion



Garlic Clove



Vegetable Stock Powder



Crème Fraîche



Sirloin Steak



Red Wine Jus Paste

Before you start

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

Cooking tools, you will need:

Saucepan, Chopping Board, Sharp Knife, Fine Grater (or Garlic Press), Colander, Ovenproof Dish, Measuring Jug and Two Frying Pans.

Ingredients

	2P	3P	4P
Green Beans**	150g	200g	300g
Potato**	450g	700g	900g
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 **	150ml	225ml	300ml
Sirloin Steak**	2 fillets	3 fillets	4 fillets
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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Packed in the UK

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 You can recycle me!



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.



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.



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.



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.



Cook the Steak!

Ten 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.



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.