



BISTRO STEAK WITH MUSHROOMS & POLENTA CAKES

plus Roasted Green Beans

INGREDIENTS

2 PERSON | 4 PERSON



6 oz | 12 oz
Green Beans



8.8 oz | 17.6 oz
Precooked Polenta



4 oz | 8 oz
Button Mushrooms



2 Cloves | 4 Cloves
Garlic



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



10 oz | 20 oz
Bavette Steak



1 | 2
Beef Stock
Concentrate



2 TBSP | 4 TBSP
Crème Fraîche
Contains: Milk



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HELLO

POLENTA

Made from a coarser grind of yellow corn (unlike polenta's more finely ground corn cousin, grits)

PREP: 10 MIN | COOK: 40 MIN | CALORIES: 580



RAISING THE STEAKS

Look closely and you'll see that your steak naturally has lines running through it. For maximum tenderness, slice perpendicular to those lines, aka "against the grain."

BUST OUT

- Baking sheet
- Paper towels
- Large pan
- Whisk
- Kosher salt
- Black pepper
- Cooking oil (4 tsp | 5 tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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1 PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim **green beans** if necessary. Slice **polenta** into 8-10 ½-inch-thick rounds (**you'll have 16-20 rounds for 4**). Trim and thinly slice **mushrooms** (**skip if your mushrooms are pre-sliced!**). Peel and mince or grate **garlic**.



2 ROAST GREEN BEANS & POLENTA

- Toss **green beans** on one side of a baking sheet with a **drizzle of oil, salt, and pepper** (**for 4 servings, spread out across entire sheet**).
- Lightly **oil** empty side of baking sheet. Place **polenta slices** on oiled side of sheet (**for 4, place polenta on a second lightly oiled baking sheet**). Season with a **pinch of salt and pepper**; sprinkle tops with **Parmesan**.
- Roast on top rack until green beans are tender and polenta cakes are lightly browned, 12-15 minutes. (**For 4, roast green beans on top rack and polenta cakes on middle rack.**)



3 COOK STEAK

- Meanwhile, pat **steak*** dry with paper towels; season generously all over with **salt and pepper**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add steak and cook to desired doneness, 5-7 minutes per side.
- Turn off heat; transfer to a cutting board to rest for at least 5 minutes. Wipe out pan and let cool slightly.



4 START SAUCE

- Heat **1 TBSP butter** (**2 TBSP for 4 servings**) and a **drizzle of oil** in pan used for steak over medium heat. Add **mushrooms** and **garlic**; cook, stirring occasionally, until mushrooms are slightly crispy, 3-5 minutes.



5 FINISH SAUCE

- Stir in **stock concentrate** and **½ cup water** (**¾ cup for 4 servings**), scraping up any browned bits from bottom of pan. Cook, stirring constantly, until slightly reduced, 1-2 minutes.
- Remove pan from heat and whisk in **crème fraîche**. Season with **salt and pepper** to taste.



6 FINISH & SERVE

- Thinly slice **steak** against the grain.
- Divide steak, **polenta cakes**, and **green beans** between plates in separate sections. Spoon **mushroom sauce** over steak and serve.

*Steak is fully cooked when internal temperature reaches 145°.