



Steak & Potato Frites

with Nutty Beans & Parsley-Butter



Make a parsley butter



Potato



Parsley



Garlic



Broccoli



Beef Rump



Pine Nuts

Hands-on: **30** mins
Ready in: **35** mins

Low calorie

Naturally gluten-free
Not suitable for Coeliacs

We know, big call. But we're taking a leaf out the French's book, stepping into the kitchen and owning this recipe with a certain continental confidence. Best served with a glass of good red and a belief in your own cultural superiority!

This week's green beans were not up to our quality standards so we've replaced them with broccoli. Don't worry, the recipe will be just as delicious!

Pantry Staples: Olive Oil, Butter

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife**, **chopping board**, **oven tray** lined with **baking paper**, **small bowl**, **large frying pan**, **tongs** and **wooden spoon**.



1 BAKE THE FRIES

Preheat the oven to **220°C/200°C fan-forced**. Slice the **potato** (unpeeled) into 0.5cm thin fries. **TIP:** Slice off each side of the potato to form a rectangle, then cut into fries. **TIP:** Cut the fries to the correct size to ensure they cook in the allocated time. Place the fries on the oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **pinch** of **salt** and **pepper**. Toss to coat and bake for **25-30 minutes**, or until tender.



4 COOK THE STEAK

When the fries have **10 minutes** cook time remaining, return the large frying pan to a high heat with a **drizzle** of **olive oil**. Season the **beef rump** with a **pinch** of **salt** and **pepper** on both sides and cook for **2-3 minutes** on each side (depending on thickness), or until cooked to your liking. **TIP:** This will give you a medium steak but cook for a little less if you like it rare, or a little longer for well done. Transfer to a plate. Cover with foil to keep warm and set aside to rest.



2 GET PREPPED

While the fries are baking, finely chop the **garlic** (or use a garlic press). Finely chop the **parsley** leaves. Cut the **broccoli** into 2cm florets, then roughly chop the stalk.

Heat a large frying pan over a medium-high heat. Add the **pine nuts** and toast, tossing, for **3-4 minutes** or until golden. Transfer to a small bowl.



5 COOK THE BROCCOLI

While the steak is resting, return the large frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **broccoli** and cook for **5-6 minutes**, or until tender. **TIP:** Add a **dash** of **water** to help speed up the cooking process. Add the **remaining garlic** and cook for **1 minute**, or until fragrant. Season to taste with **salt** and **pepper**.



3 MAKE THE PARSLEY BUTTER (OPTIONAL)

Microwave the **butter** in a small bowl on high for **5 seconds**, or until softened. **TIP:** If you don't have a microwave, place the butter in a warm place for 10 minutes. **TIP:** For the low calorie option, use only **3/4** of the butter! Stir through the **parsley** and **1/2** of the **garlic**. **TIP:** You can add less if you're not a fan of garlic. Season with a **pinch** of **salt** and **pepper** and mix well.



6 SERVE UP

Divide the steak, potato fries and broccoli between plates. Sprinkle the toasted pine nuts over the broccoli. Top the steak with a dollop of parsley-butter.

Enjoy!

2/4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
garlic	1 clove	2 cloves
parsley	1 bunch	1 bunch
broccoli	1 head	2 heads
pine nuts	1 packet	2 packets
butter*	40 g	80 g
beef rump	1 packet	1 packet

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2190kJ (524Cal)	412kJ (98Cal)
Protein (g)	42.0g	7.9g
Fat, total (g)	24.2g	4.5g
- saturated (g)	11.5g	2.2g
Carbohydrate (g)	31.0g	5.8g
- sugars (g)	3.2g	0.6g
Sodium (g)	140mg	26mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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