



Beef Strips, Cheesy Chips 'n Posh Gravy with Roasted Green Beans

N° 10

FAMILY Hands On Time: 20 Minutes • Total Time: 45 Minutes • 2 of your 5 day



Potato



Cheddar Cheese



Red Onion



Closed Cup Mushrooms



Green Beans



Beef Strips



Bacon Lardons



Plain Flour



Red Wine Stock Pot



CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Basic cooking tools, you will need:

Two Baking Trays, Coarse Grater, Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Cheddar Cheese 7)**	1 block	2 blocks	2 blocks
Red Onion**	1	1	2
Closed Cup Mushrooms**	1 small punnet	1 large punnet	2 small punnets
Green Beans**	1 small pack	1 large pack	2 small packs
Beef Strips**	240g	360g	480g
Bacon Lardons**	90g	150g	180g
Plain Flour 13)	8g	16g	16g
Water for the Sauce*	200ml	300ml	400ml
Red Wine Stock Pot 14)	1 pot	1½ pots	2 pots

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	703g	100g
Energy (kJ/kcal)	2307 /552	328 /79
Fat (g)	19	3
Sat. Fat (g)	9	1
Carbohydrate (g)	56	8
Sugars (g)	11	2
Protein (g)	40	6
Salt (g)	2.28	0.33

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	748g	100g
Energy (kJ/kcal)	2795 /668	374 /89
Fat (g)	28	4
Sat. Fat (g)	12	2
Carbohydrate (g)	57	8
Sugars (g)	11	2
Protein (g)	48	6
Salt (g)	3.51	0.47

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten 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



1. Cook the Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel!). Grate the **cheese**. Pop the **wedges** on a large baking tray. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. Five mins before the end of cooking, sprinkle the **cheese** evenly over the **potatoes**, roast for the remaining time.



4. Roast the Green Beans

While the **mushrooms** are frying, pop your **green beans** in the oven to roast until crispy but tender, 15-20 mins.



2. Finish the Prep

Meanwhile, halve, peel and thinly slice the **red onion**. Thinly slice the **mushrooms**. Put the **green beans** on another baking tray and drizzle with **oil**. Season with **salt** and **pepper**. Toss to coat and leave to the side.



5. Make the Sauce

When the **mushrooms** are browned, stir in the **flour** and cook for 1 minute. Add the **beef strips** back in, along with any **juices**, then pour in the **water** (see ingredients for amount) and add the **red wine stock pot**. Dissolve it with a spoon and bring the mixture to a simmer. Simmer until the **sauce** is nice and glossy and slightly reduced, 10-15 mins. **IMPORTANT:** The steak is safe to eat when the outside is cooked.



3. Fry the Beef

Heat a drizzle of **oil** in a frying pan on high heat. Add the **beef strips** and season with **salt** and **pepper**. Stir-fry until nicely browned on the outside, 2-3 mins. Once browned, remove the **meat** to a bowl. Put your pan back on the heat and turn the heat to medium-high. Add the **onion** and **mushrooms** along with a drizzle of **oil**. Season with **salt** and **pepper**, then stir-fry until golden and soft, 5-6 mins.

CUSTOM RECIPE

If you've chosen to add **bacon lardons** to your meal, just add them to the pan after you removed the **beef** and stir fry until golden brown, 3-4 mins. **IMPORTANT:** Cook the **bacon lardons** throughout. Then add the **onion** and **mushroom** to the pan and continue with the step and the recipe.



6. Finish and Serve

Serve whichever way you want... either with the chips alongside the **beef**, **gravy** and **mushroom** and a good portion of **green beans**, or the **beef** and **gravy** served on top of the **chips**!

Enjoy!