



Steak, Roast Potatoes and Multicoloured Carrots with Garlic, Tarragon and Mustard Butter

N° 25

PREMIUM 35 Minutes • 1 of your 5 a day



Sirloin Steak



Butter



Potato



Rosemary



Plain Flour



Tri-Coloured
Chantenay Carrots



Honey



Garlic Clove



Tarragon



Wholegrain Mustard

Before you start

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

Basic cooking tools, you will need:

Saucepan, Two Baking Trays, Colander and Frying Pan.

Ingredients

	2P	3P	4P
Sirloin Steak**	2	3	4
Butter 7)**	30g	60g	60g
Potato**	1 small pack	1 large pack	2 small packs
Rosemary**	½ bunch	1 bunch	1 bunch
Plain Flour 13)	1 pot	1 pot	2 pots
Tri-Coloured Chantenay Carrots**	1 large punnet	2 small punnets	2 large punnets
Honey	1 sachet	1 sachet	2 sachets
Garlic Clove**	1 clove	2 cloves	2 cloves
Tarragon**	½ bunch	1 bunch	1 bunch
Wholegrain Mustard 9)	½ pot	¾ pot	1 pot

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	555g	100g
Energy (kJ/kcal)	2776 /664	500 /120
Fat (g)	32	6
Sat. Fat (g)	16	3
Carbohydrate (g)	54	10
Sugars (g)	11	2
Protein (g)	44	8
Salt (g)	0.43	0.08

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 9) Mustard 13) Gluten

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. Start Your Potatoes

Fill and boil your kettle. Take your **steak** and **butter** out of the fridge to allow them to come to room temperature. Preheat your oven to 220°C. Pour a good glug of **oil** onto a baking tray (to completely cover the bottom) and pop onto the top shelf of your oven. Pour the boiling **water** into a large saucepan on high heat with ½ tsp of **salt**. Peel the **potatoes**, chop them into 2cm chunks then add them to the boiling **water** and cook for 5-6 mins or until the edges have softened when you poke them with a knife.



4. Butter Time

Whilst everything cooks, pick the **tarragon leaves** from their stalks and roughly chop (discard the stalks). Pop the **butter** in a small bowl, add the **tarragon** and **mustard**. Season with **salt** and **pepper** and mash with the back of a fork. Once the **garlic** is roasted, mash it with the back of a fork and pop into the bowl with the **butter** and mash again until well combined.



2. Roast the Potatoes

Meanwhile, pick the **rosemary leaves** from their stalks and roughly chop (discard the stalks). Once the **potatoes** are ready, drain in a colander, pop back into the pan then sprinkle on the **flour**. Give your pan a shake to fluff up the **potato**. Sprinkle over **half** the **rosemary**. Take your hot baking tray out of your oven, carefully transfer your **potatoes** into a single layer, turning in the **oil**. Season the **potatoes** with **salt**, then roast on the top shelf of your oven until golden, 30-35 mins, turn halfway through.



5. Cook the Steaks!

Eight mins before everything is ready, 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:** Wash your hands after handling raw meat. The steak is safe to eat when the outside is cooked.



3. Carrot Time

Meanwhile, trim the **carrots** and halve lengthways. Pop onto a baking tray, drizzle over some **oil** and the **honey** and scatter over the remaining **rosemary**. Season with **salt** and **pepper** and toss to coat then spread in a single layer. When the **potatoes** have about 25 mins left, pop the **carrots** on the middle shelf of the oven, turning halfway through cooking. Peel the **garlic clove(s)** and pop into a square of foil with a drizzle of **oil** and scrunch to enclose it. Roast on the baking tray your **carrots** are on until soft, 10-12 mins. Then carefully remove the **garlic parcel** from the oven.



6. Serve!

Pop the **steaks** onto serving plates and spread the **tarragon butter** on top of the **steaks**. Loosely cover with foil and leave to rest for 2 mins. Then serve the roast **potatoes** and **carrots** alongside.

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.