



Beef Fillet Steak & Bourguignon Mushroom Sauce

with Herby Potato Puree & Green Beans

FRENCH FLAIR

Grab your meal kit with this number

21



Potato



Carrot



Green Beans



Button Mushrooms



Onion



Parsley



Garlic



Premium Fillet Steak



Herb & Mushroom Seasoning



Tomato Paste



Red Wine Jus



Chicken-Style Stock Powder

Prep in: 20-30 mins
Ready in: 45-55 mins

Protein Rich

Calorie Smart

Bring a taste of Parisian cuisine right into your home with this mouthwatering meal. Perfectly seared steak, a silky potato puree and bright green beans are a great start, but the real star here is the mushroom sauce, inspired by the French classic: Beef Bourguignon. This tomato-based sauce has tender mushrooms and onions, and a hit of flavour from the red wine jus. Bon Appetit!

Pantry items

Olive Oil, Butter, Milk, Brown Sugar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large saucepan with lid · Large frying pan

Ingredients

| | 2 People | 4 People |
|----------------------------|-----------------|---------------------------------------|
| olive oil* | refer to method | refer to method |
| potato | 2 | 4 |
| carrot | 1 | 2 |
| green beans | 1 small packet | 1 medium packet |
| button mushrooms | 1 medium packet | 2 medium packets |
| onion | ½ | 1 |
| parsley | 1 packet | 1 packet |
| garlic | 2 cloves | 4 cloves |
| premium fillet steak | 1 medium packet | 2 medium packets OR 1 large packet |
| herb & mushroom seasoning | 1 sachet | 2 sachets |
| butter* | 40g | 80g |
| milk* | 2 tbs | ¼ cup |
| tomato paste | 1 packet | 2 packets |
| red wine jus | 1 medium packet | 1 large packet |
| chicken-style stock powder | 1 medium sachet | 1 large sachet |
| brown sugar* | 1 tsp | 2 tsp |
| water* | ½ cup | 1 cup |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|---------------|
| Energy (kJ) | 2251kJ (538cal) | 164kJ (39cal) |
| Protein (g) | 42.7g | 3.1g |
| Fat, total (g) | 16.9g | 1.2g |
| - saturated (g) | 5.3g | 0.4g |
| Carbohydrate (g) | 55.3g | 4g |
| - sugars (g) | 26.1g | 1.9g |
| Sodium (mg) | 905mg | 66.1mg |
| Dietary Fibre (g) | 13.2g | 1g |

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

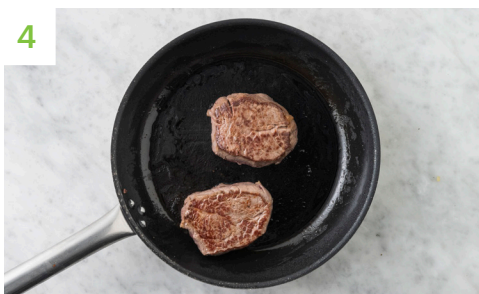
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1 Make the potato puree

- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water for **6-7 minutes** over medium-high heat.

TIP: Save time and get more fibre by leaving the potato unpeeled.



4 Cook the beef

- **See Top Steak Tips (below)!** Heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **beef** until cooked through, **3-6 minutes** each side (depending on thickness). Transfer to a plate and cover to rest.

TIP: If your pan is getting crowded, cook in batches for best results!

Top Steak Tips!

1. Use paper towel to pat steak dry before seasoning.
2. Check if steak is done by pressing on it gently with tongs - rare steak is soft, medium is springy and well-done is firm.
3. For ultimate tenderness, let steak rest on a plate for 5 minutes before slicing.



2 Get prepped

- Meanwhile, slice **carrot** into half-moons. Trim **green beans**. Slice **button mushrooms**. Roughly chop **onion** (see ingredients). Finely chop **parsley** and **garlic**.
- Place your hand flat on top of **premium fillet steak** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **beef, herb & mushroom seasoning** and a drizzle of **olive oil**.



5 Make the sauce

- Wipe out and return frying pan to medium-high heat with a drizzle of **olive oil**. Add **mushrooms** and **onion**, and cook until browned and softened, **8-10 minutes**.
- Reduce heat to medium, add **garlic** and **tomato paste** and cook until fragrant, **1-2 minutes**.
- Add **red wine jus, chicken-style stock powder, carrot**, the **brown sugar** and **water**, and simmer until slightly reduced, **2-3 minutes**.



3 Steam the veggies & finish the mash

- Place a colander or steamer basket on top of **potatoes** and add **carrot** and **green beans**.
- Cover and steam until veggies are tender, and potatoes are easily pierced with a fork, another **7-8 minutes**.
- Transfer **carrot** and **green beans** to separate bowls. Season and cover to keep warm.
- Drain **potatoes** and return to saucepan. Add **parsley**, the **butter** and **milk** to **potato** and season with **salt**. Mash until smooth. Cover to keep warm.



6 Serve up

- Slice beef.
- Divide herby potato puree, green beans and beef fillet steak between plates.
- Pour bourguignon mushroom sauce over steak to serve. Enjoy!

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