

Beef Flank & Truffle Mushroom Sauce

with Parmesan Cos Salad & Garlic Butter Potatoes

FESTIVE MAIN

NEW

Grab your meal kit with this number

28



Baby Potatoes



Garlic



Button Mushrooms



Cos Lettuce



Cherry Tomatoes



Lemon



Parsley



Nan's special Seasoning



Beef Flank Steak



Slivered Almonds



Cream



Truffle Oil



Grated Parmesan Cheese

Prep in: 20-30 mins
Ready in: 40-50 mins

Make your holiday dinner merry and bright with a juicy steak dinner! Tender beef meets a rich, velvety mushroom sauce that's sure to bring some extra cheer. Pair it with a nutty Parmesan salad for a crisp touch and warm, golden potatoes for a holiday feast that's as comforting as a cozy Christmas night!

Pantry items

Olive Oil, Butter

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
baby potatoes	1 packet	2 packets
garlic	2 cloves	4 cloves
butter*	20g	40g
button mushrooms	1 medium packet	1 large packet
cos lettuce	½ head	1 head
cherry tomatoes	½ packet	1 packet
lemon	½	1
parsley	1 packet	1 packet
Nan's special seasoning	1 medium sachet	1 large sachet
beef flank steak	1 medium packet	2 medium packets OR 1 large packet
slivered almonds	1 packet	2 packets
cream	½ packet	1 packet
truffle oil	1 packet	2 packets
grated Parmesan cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3464kJ (442cal)	442kJ (56cal)
Protein (g)	48.6g	6.2g
Fat, total (g)	52.9g	6.7g
- saturated (g)	25.4g	3.2g
Carbohydrate (g)	33.2g	4.2g
- sugars (g)	8.4g	1.1g
Sodium (mg)	270mg	34.4mg
Dietary Fibre (g)	12.1g	1.5g

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.

Top Steak Tips!

1. Remove steak from packaging and set aside at room temperature 15 minutes before cooking.
2. Use paper towel to pat steak dry before seasoning.
3. Check if steak is done by pressing on it gently with tongs: rare steak is soft, medium is springy and well-done is firm.
4. Let steak rest on a plate for 5 minutes before slicing.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW49



1



Roast the potatoes

- See '**Top Steak Tips!**' (**bottom left**). Preheat oven to **240°C/220°C fan-forced**.
- Halve **baby potatoes**.
- Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.
- Meanwhile, finely chop **garlic**. In a small microwave-safe bowl, add the **butter** and **garlic** and microwave in **10 second** bursts until melted. Season with **salt** and **pepper**, then set aside.
- Drizzle **roasted potatoes** with **melted garlic butter** and bake until golden and crisp, **5 minutes**.

4

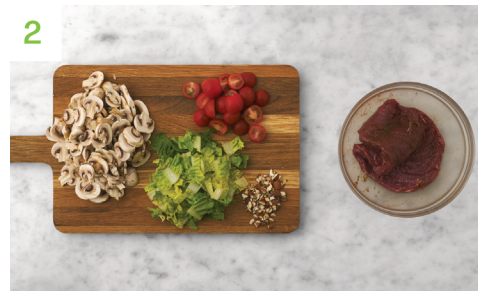


Make the sauce

- Wipe out and return frying pan to a medium-high heat with a drizzle of **olive oil**.
- Cook **mushrooms** until browned and softened, **6-8 minutes**.
- Add **parsley, cream** (**see ingredients**) and a splash of **water** and simmer until slightly reduced, **1-2 minutes**.
- Remove pan from heat, add a drizzle of **truffle oil** and season to taste.

TIP: Truffle oil has a strong flavour - add less if desired!

2



Get prepped

- Meanwhile, thinly slice **button mushrooms**. Roughly chop **cos lettuce** (**see ingredients**). Halve **cherry tomatoes** (**see ingredients**). Slice **lemon** into wedges. Roughly chop **parsley**.
- In a medium bowl, combine **Nan's special seasoning** and a drizzle of **olive oil**. Add **beef flank steak** and toss to combine.
- Heat a large frying pan over medium-high heat. Toast **slivered almonds**, tossing, until golden, **2-3 minutes**. Transfer to a small bowl and set aside.

5



Toss the salad

- In a large bowl, combine **cos lettuce, cherry tomato**, a squeeze of **lemon juice** and a drizzle of **olive oil**. Season to taste.

3



Cook the steak

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **flank steak** for **4-6 minutes** each side for medium, or until cooked to your liking.
- Transfer to a plate, cover and rest for **5 minutes**.

6



Serve up

- Cut each steak in half and thinly slice each steak across the grain.
- Divide beef flank, cos salad and garlic butter potatoes between plates.
- Top salad with **grated Parmesan cheese** and slivered almonds. Top steak with truffle mushroom sauce. Serve with any remaining lemon wedges. Enjoy!

TIP: Flank steak has long fibres running through the meat. Cutting across the grain or perpendicular to the fibres helps ensure each bite is tender and easy to chew.