



# Creamy Mustard Beef

with Parsnip Mash & Steamed Veggies

Grab your Meal Kit with this symbol



Potato



Parsnip



Garlic



Green Beans



Carrot



Beef Strips



Tomato Paste



Dijon Mustard



Longlife Cream



Nan's Special Seasoning

Hands-on: **20-30 mins**  
Ready in: **30-40 mins**

Okay, you've caught us. We're delivering tonight's dinner with yet another creamy sauce! We can't deny our love for the richness this Dijon sensation brings to any dish, so we've decided to pour it over some tender beef strips, lightly steamed veggies and a hearty mash featuring the pleasant addition of parsnip. Every bite will have you riding the creamy sauce train till the cows come home!

### Pantry items

Olive Oil, Butter, Milk

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Large saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
parsnip	1	2
garlic	2 cloves	4 cloves
green beans	1 bag (100g)	1 bag (200g)
carrot	1	2
butter*	40g	80g
milk*	2½ tbs	½ cup
salt*	¼ tsp	½ tsp
beef strips	1 packet	1 packet
tomato paste	½ packet	1 packet
Dijon mustard	1 packet (15g)	2 packets (30g)
longlife cream	½ bottle (125ml)	1 bottle (250ml)
Nan's special seasoning	½ sachet	1 sachet
water*	½ cup	¾ cup

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3306kJ (790Cal)	499kJ (119Cal)
Protein (g)	46.2g	7g
Fat, total (g)	43.7g	6.6g
- saturated (g)	26.8g	4g
Carbohydrate (g)	52.3g	7.9g
- sugars (g)	18.8g	2.8g
Sodium (mg)	1573mg	237mg

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

Bring a large saucepan of salted water to the boil. Peel the **potato** and cut into 2cm chunks. Peel the **parsnip** and cut into 1cm chunks. Finely chop the **garlic**. Trim the **green beans**. Slice the **carrot** into thin sticks.



## Cook the veggies

Cook the **potato** and **parsnip** in the boiling water until easily pierced with a knife, **15 minutes**. In the last **5 minutes** of cook time, place a steamer basket or colander on top of the saucepan, then add the **green beans** and **carrot**. Cover with a lid and steam the **veggies** until tender. Transfer the **veggies** to a bowl, then season with **salt** and **pepper**. Cover to keep warm.



## Make the parsnip mash

Drain the **potato** and **parsnip** and return to the saucepan. Add the **butter**, **milk** and the **salt**, then mash with a potato masher or fork until smooth. Cover to keep warm.



## Cook the beef

While the veggies are cooking, heat a large frying pan over a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **beef strips**, in batches, tossing, until browned and cooked through, **1-2 minutes**. Transfer to a plate.

**TIP:** *Cooking the beef in batches over a high heat helps it stay tender.*



## Make the mustard sauce

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **garlic** until fragrant, **1 minute**. Add the **tomato paste** (see ingredients) and **Dijon mustard** and cook until fragrant, **1 minute**. Add the **longlife cream** (see ingredients), **Nan's special seasoning** and the **water**. Bring to the boil, then reduce the heat to medium-low and cook until slightly reduced, **2-3 minutes**. Return the **beef strips** (plus any resting juices) to the pan and stir through until heated. Season to taste.

**TIP:** *Add a dash more water if the sauce looks too thick.*



## Serve up

Divide the parsnip mash between plates and top with the creamy mustard beef. Serve with the steamed veggies.

## Enjoy!