



# Mustardy Beef & Parsnip Mash

with 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 (40g)	2 packets (80g)
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)	3478kJ (831Cal)	529kJ (126Cal)
Protein (g)	38.1g	5.8g
Fat, total (g)	53.1g	8.1g
- saturated (g)	30.4g	4.6g
Carbohydrate (g)	50.1g	7.6g
- sugars (g)	16.6g	2.5g
Sodium (mg)	1508mg	229mg

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 bite-sized chunks. Peel the **parsnip** and cut into small chunks. Finely chop the **garlic**. Trim the **green beans**. Thinly slice the **carrot** into sticks.



## 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.*



## 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 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** (see ingredients) 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 until heated through. Season to taste.

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



## Make the parsnip mash

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



## Serve up

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

## Enjoy!