



# Dijon Steak & Parmesan-Mushroom Potatoes

with Peppercorn Sauce & Nutty Sautéed Greens

Grab your Meal Kit with this symbol



Potato



Green Beans



Cavolo Nero Kale



Roasted Hazelnuts



Button Mushrooms



Brown Onion



Garlic



Thyme



Black Peppercorns



Dijon Mustard



Sirloin Steak



Longlife Cream



Beef-Style Stock Powder



Grated Parmesan Cheese



Lemon

Hands-on: 25-35 mins  
Ready in: 40-50 mins

When the 'steaks' are high... you can't go past a sirloin! The accompanying peppercorn sauce and cheesy potatoes are the perfect companions for this flavoursome beef and with things looking this good, it's time to set the dinner table, light a candle and pour a glass of your finest beverage. Bon appetit!

### Pantry items

Olive Oil, Butter

## 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

Oven tray lined with baking paper · Medium frying pan · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
green beans	1 bag (200g)	1 bag (400g)
cavolo nero kale	1 bag	1 bag
roasted hazelnuts	1 packet	2 packets
button mushrooms	1 packet	1 packet
butter*	20g	40g
brown onion	½	1
garlic	3 cloves	6 cloves
thyme	1 bag	1 bag
black peppercorns	½ sachet	1 sachet
Dijon mustard	1 packet (15g)	2 packets (30g)
sirloin steak	1 packet	1 packet
longlife cream	½ bottle (125ml)	1 bottle (250ml)
beef-style stock powder	1 sachet (5g)	1 sachet (10g)
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
lemon	½	1

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3690kJ (882Cal)	489kJ (117Cal)
Protein (g)	57.6g	7.6g
Fat, total (g)	53g	7g
- saturated (g)	26.9g	3.6g
Carbohydrate (g)	39g	5.2g
- sugars (g)	8.8g	1.2g
Sodium (mg)	759mg	101mg

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.

### 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.



## Get prepped

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into bite-sized chunks and place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**. Meanwhile, trim the **green beans**. Roughly chop the **cavolo nero kale**. Roughly chop the **roasted hazelnuts**. Thinly slice the **button mushrooms**. Finely chop the **garlic** and **brown onion** (see ingredients). Pick the **thyme** leaves. Crush the **black peppercorns** (see ingredients). In a medium bowl, combine the **Dijon mustard** and a drizzle of **olive oil**, then season with **salt** and **pepper**. Add the **sirloin steak** and turn to coat. Set aside.



## Cook the steak

**See Top Steak Tips (left) for extra info!**

Return the large frying pan to a high heat with a drizzle of **olive oil**, if needed. When the oil is hot, cook the **steak** for **2 minutes** on each side for medium-rare or cooked to your liking. Using tongs, sear the fat until golden, **30 seconds**. Transfer to a plate and leave to rest for **5 minutes**.



## Cook the mushrooms

Heat a medium frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **onion** and **mushrooms**, stirring occasionally, until softened, **4-5 minutes**. Add the **garlic**, **thyme** and **butter** and cook until fragrant, **1 minute**. Season to taste, then transfer to a large bowl.



## Cook the peppercorn sauce

While the steak is resting, return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **longlife cream** (see ingredients), **beef-style stock powder**, crushed **peppercorns** and any **steak resting juices**, stir to combine and simmer until thickened slightly, **1-2 minutes**.



## Cook the greens

While the mushrooms are cooking, heat a large frying pan over a medium high heat with a drizzle of **olive oil**. Cook the **green beans**, tossing, until tender, **4-5 minutes**. Add the **kale** and cook until wilted, **1-2 minutes**. Season. Transfer to a plate, cover to keep warm and set aside.



## Serve up

Transfer the roasted potatoes to the mushrooms and toss to combine. Sprinkle over the **grated Parmesan cheese**. Slice the **lemon** into wedges. Slice the Dijon steak. Bring everything to the table to serve. Help yourself to the steak, Parmesan-mushroom potatoes and greens. Pour the creamy peppercorn sauce over the steak. Sprinkle the hazelnuts over the greens. Serve with the lemon wedges.

## Enjoy!