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But The Chef

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## Steak Frites with Fresh Garden Salad

A Parisian bistro classic, this steak frites recipe combines all of our favourite things about French cuisine; delicious crispy frites, a premium cut of beef, and a garden salad. To top it off we've served it with a homemade tarragon butter, which is really the highlight of the dinner. You can prepare loads of it and store it in cling wrap in the freezer to line up all manner of simple dinners.

**Prep:** 10 mins

**Cook:** 30 mins

**Total:** 40 mins



level 1



gluten  
free



high  
protein



outdoor  
dining



low  
sodium

### Pantry Items



Butter



Olive Oil



White Wine  
Vinegar



Dijon  
Mustard



Tarragon



Potatoes



Premium Beef  
Rump



Mixed Salad



Tomato

2P	4P	Ingredients
1 tbs	2 tbs	butter, softened *
2 tsp	1 tbs	finely chopped tarragon
½ bag	1 bag	potatoes, skin on & cut into fries <span style="float: right;">A</span>
1 ½ tbs	3 tbs	olive oil *
2 steaks	4 steaks	premium beef rump
2 tsp	1 tbs	white wine vinegar *
1 tsp	2 tsp	Dijon mustard *
1	2	tomato, cut into wedges
1 bag	2 bags	mixed salad leaves, washed

⊕ May feature in another recipe

\* Pantry Items

#### Nutrition per serving

Energy	2370	Kj
Protein	48.6	g
Fat, total	24.5	g
-saturated	10.3	g
Carbohydrate	34.5	g
-sugars	2.9	g
Sodium	179	mg

#### Measuretool

0 cm	1 cm	2 cm



**You will need:** *chef's knife, chopping board, oven tray lined with baking paper, small bowl, whisk, baking paper, medium-sized frying pan, plate, aluminium foil, and a large bowl.*

**1** Preheat the oven to **200°C/180°C** fan-forced.

**2** Combine the **butter** and **tarragon** in a small bowl. Shape it into a small log and wrap it in baking paper. Freeze until ready to use.

**3** Toss the **potato** in two thirds of the **olive oil** and season generously with **salt** and **pepper**. Place on the prepared oven tray and cook in the oven for **25-30 minutes** or until tender and golden, tossing halfway through to ensure they cook evenly.

**4** Meanwhile, season the **premium beef rump steaks** with salt and pepper. Heat a medium-sized greased frying pan over a medium-high heat. Add the steaks to the pan and cook for **3-4 minutes** on each side for medium rare or until cooked to your liking. Transfer to a plate and cover with foil. Rest for **5 minutes**.

**5** To make the salad vinaigrette, whisk together the remaining olive oil, **white wine vinegar**, **Dijon mustard**, and a pinch of salt and pepper in a large bowl. Add the **tomato** and the **mixed salad leaves** and toss with the vinaigrette. Remove the butter from the freezer and cut into discs.

**Tip:** If you have leftover butter you can freeze it for up to 2 months.

**6** To serve, divide the steaks, fries, and salad between plates. Top the hot steaks with the butter.



**Did you know?** Dijon is a type of mustard that originates from the Dijon region of France.