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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









White Wine Dijon Vinegar 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	Α
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
Codium	170	ma

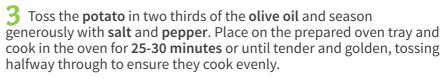
Measuretool

0 cm	1cm	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.

- 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.







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.