



# Seared Steak & Potatoes with Horseradish Sauce

FRESH & FAST

Box to plate: 15 mins

Grab your  
Fresh & Fast  
Meal Kit



**Nutrition Per Serving:** Energy 1914kJ (457Cal) | Protein 35.7g | Fat, total 23.3g- saturated 4.2g | Carbohydrate 23.6g - sugars 4.7g | Sodium 765mg  
**Calorie Smart** | Naturally gluten-free (Not suitable for coeliacs) | The quantities provided above are averages only.

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# Get ready

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'll need

(along with the basics)



Large Frying  
Pan



Microwave

## From the pantry



Olive Oil



Salt & Pepper



Balsamic Vinegar

- Season **beef**
- Heat **olive oil** in a frying pan over high heat
- Cook **beef** for **2-3 mins** on each side, or until cooked to your liking
- Transfer to a plate

## 2. Zap



Roasted Potatoes  
with Garlic Herb  
Butter



Tomato



Cucumber

## 3. Toss



Mixed Salad  
Leaves



Horseradish  
Sauce

## From the cool pouch

2P      4P

Beef Rump	1 small pkt	1 large pkt
Roasted Potatoes with Garlic Herb Butter	1 medium pkt	1 large pkt
Horseradish Sauce	1 medium pkt	1 large pkt

## Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](http://hellofresh.com.au/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.

