



25

Beef Strips and Cheesy Wedges

with Mushroom Gravy and Green Beans

Calorie Smart

Eat Me Early • 35-45 Minutes • 1 of your 5 a day • Under 600 Calories



Potatoes



Red Onion

Closed Cup
Mushrooms

Green Beans



Beef Steak Strips

Red Wine Stock
PasteMature Cheddar
Cheese

Pantry Items
Plain Flour, Water

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, frying pan, kitchen paper, measuring jug, grater, saucepan and colander.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Red Onion**	1	1	2
Closed Cup Mushrooms**	150g	225g	300g
Green Beans**	150g	300g	300g
Beef Steak Strips**	240g	360g	480g
Plain Flour*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	200ml	300ml	400ml
Red Wine Stock Paste 14)	1 sachets	1½ sachets	2 sachets
Mature Cheddar Cheese** 7)	30g	45g	60g

*Not Included **Store in the Fridge

Nutrition

for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	582g 1964/469	100g 338/81
Fat (g)	12	2
Sat. Fat (g)	6	1
Carbohydrate (g)	57	10
Sugars (g)	11	2
Protein (g)	35	6
Salt (g)	2.24	0.39

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

7) Milk 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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Packed in the UK

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Cook the Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop the **wedges** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary. When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Prep the Veg

Meanwhile, halve, peel and thinly slice the **red onion**. Thinly slice the **mushrooms**. Trim the **green beans**.



Fry the Beef

Heat a drizzle of **oil** in a large frying pan on high heat. Once hot, add the **beef strips** and season with **salt** and **pepper**. Fry until browned, 1-2 mins, stirring continuously, then transfer to a plate lined with kitchen paper. **TIP:** Fry the beef strips in batches if necessary - you want them to fry, not stew. **IMPORTANT:** Wash your hands and equipment after handling raw meat. The beef is safe to eat when the outside is browned.



Make the Sauce

Return the (now empty) pan to medium-high heat with a drizzle of **oil**. When hot, add the **onion** and **mushrooms**, then season with **salt** and **pepper**. Stir-fry until softened, 5-6 mins. Stir in the **flour** (see ingredients for amount) and cook for 1 min. Return the **beef** to the pan, then add the **water for the sauce** (see ingredients for amount) and **red wine stock paste**. Stir to combine and bring to a simmer, then cook until the **sauce** is glossy and slightly reduced, 10-15 mins.



Boil the Beans

When the **wedges** have about 5 mins left, grate the **cheese** and sprinkle over for the remaining cooking time. Meanwhile, bring a medium saucepan of **water** to the boil with **½ tsp salt**. When boiling, add the **green beans** and cook until just tender, 3-5 mins. Drain in a colander, then return to the saucepan. Season with **salt** and **pepper**, then toss in **olive oil** if you'd like.



Finish and Serve

When everything is ready, serve the **beef strips** on plates with the **cheesy wedges** and **green beans** alongside. Spoon over the **mushroom gravy** from the pan to finish.

Enjoy!

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7-13

