



Creamy Mustard Beef

with Parsnip Mash & Steamed Veggies

Grab your Meal Kit with this symbol



Potato



Parsnip



Garlic



Broccoli



Carrot



Beef Strips



Tomato Paste



Dijon Mustard



Beef Stock



Pure Cream



Parsley

Hands-on: 20-30 mins
Ready in: 30-40 mins

Okay, you've caught us. We're delivering tonight's dinner with yet another creamy sauce! We can't deny our love for the richness this Dijon sensation brings to any dish, so we've decided to pour it over some tender beef strips, lightly steamed veggies and a hearty mash featuring the pleasant addition of parsnip. Every bite will have you riding the creamy sauce train till the cows come home!

Unfortunately, this week's green beans were in short supply, so we've replaced them with broccolini. Don't worry, the recipe will be just as delicious!

Pantry items

Olive Oil, Butter, Milk, Soy Sauce

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

Large saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
parsnip	1	2
garlic	2 cloves	4 cloves
broccolini	1 bunch	1 bunch
carrot	1	2
butter*	40g	80g
milk*	2½ tbs	½ cup
salt*	¼ tsp	½ tsp
beef strips	1 packet	1 packet
tomato paste	½ packet	1 packet
Dijon mustard	1 packet (15g)	2 packets (30g)
beef stock	½ sachet	1 sachet
pure cream	½ bottle (150ml)	1 bottle (300ml)
soy sauce*	1 tsp	2 tsp
water*	½ cup	¾ cup
parsley	1 bunch	1 bunch

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3430kJ (820Cal)	537kJ (128Cal)
Protein (g)	38.2g	6.0g
Fat, total (g)	53.2g	8.3g
- saturated (g)	31.6g	4.9g
Carbohydrate (g)	43.2g	6.8g
- sugars (g)	12.8g	2.0g
Sodium (mg)	950mg	149mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Get prepped

Bring a large saucepan of salted water to the boil. Peel the **potato** and cut into 2cm chunks. Peel the **parsnip** and cut into 1cm chunks. Finely chop the **garlic** (or use a garlic press). Trim and halve the **broccolini** lengthways. Thinly slice the **carrot** (unpeeled) into batons.



4. Cook the beef

While the veggies are steaming, heat a large frying pan over a high heat with a **drizzle of olive oil**. When the oil is hot, add **1/2 the beef strips** and cook, tossing, until browned and cooked through, **1-2 minutes**. Transfer to a plate and repeat with the **remaining beef strips**.

TIP: *Cooking the beef in batches over a high heat helps it stay tender.*



2. Cook the parsnip mash

Add the **potato** and **parsnip** to the boiling water and cook until easily pierced with a knife, **15 minutes**. Drain the **potato** and **parsnip** and return to the saucepan. Add the **butter**, **milk** and the **salt** to the **potato**. Mash with a potato masher or fork until smooth. Cover to keep warm.



5. Make the mustard sauce

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **tomato paste** (see **ingredients list**) and **Dijon mustard** and cook until fragrant, **1 minute**. Add the **beef stock** (**1/2 sachet for 2 people / 1 sachet for 4 people**), **pure cream** (see **ingredients list**), **soy sauce** and the **water**. Bring to the boil, then reduce the heat to medium-low and cook until slightly reduced, **4-5 minutes**. Return the **beef strips** and any **beef resting juices** to the pan and stir through until heated. Season to taste.

TIP: *Add a dash more water if the sauce looks too thick.*



3. Steam the veggies

In the last **5 minutes** of **potato** and **parsnip** cooking time, place a steamer basket or colander on top of the saucepan and add the **broccolini** and **carrot**. Cover with a lid and steam the **veggies** until tender. Transfer the **veggies** to a bowl and season with a **pinch of salt** and **pepper**. Cover to keep warm.



6. Serve up

Roughly chop the **parsley** leaves. Divide the parsnip mash between plates and top with the creamy mustard beef. Serve with the steamed veggies and garnish with the parsley.

Enjoy!