

for the
little ones

Veggies

Steak Bites



CREAMY MUSTARD Steaks

Juicy beef steaks with crispy roast potatoes, sweet carrots, green beans and creamy mustard sauce.



35 Minutes



Beef



4/6 Servings

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	21g/24g	58g/61g

FROM YOUR BOX

	4 PERSON	6 PERSON
BABY POTATOES	1kg	1.5kg
CARROTS	2	3
ROSEMARY	1 sprig	2 sprigs
BEEF STEAKS	600g	600g + 300g
GREEN BEANS	250g	250g + 150g
GARLIC CLOVES	2	3
SOUR CREAM	1 tub	2 tubs
DIJON MUSTARD	1 small jar	2 small jars

FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 stock cube

COOKING TOOLS

large frypan, saucepan

Resting the steaks keeps them juicy. Cover loosely with foil while you cook the sauce. Turn leftovers into steak sandwiches with sliced steak, roast veggies and creamy mustard sauce.

Before you start cooking!

Wash your veggies and set out all ingredients, pans, chopping board and knife.



1. Roast the Veggies

Set oven to 220°C.

Halve **baby potatoes** and dice **carrots**. Chop **rosemary leaves**. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 25–30 minutes, or until golden and tender.

tip Blanch the carrots if preferred!



4. Make the Mustard Sauce

Reduce frypan heat to medium. Add **crushed garlic** to cook. Stir in **1 crumbled stock cube** and **1/2 cup water**. Simmer for 1–2 minutes, then reduce heat to low. Stir in **sour cream** and **Dijon mustard** until smooth. Season to taste with **salt and pepper**.



2. Cook the Steaks

Toss **beef steaks** with **oil, salt and pepper**. Heat a large frypan with **oil** over medium-high heat. Cook **steaks** for 3–4 minutes on each side, or until cooked to your liking. Transfer to a plate to rest, reserve pan for step 4.



3. Cook the Beans

Bring a saucepan of **water** to a boil. Trim and add **green beans** and cook for 2–3 minutes, or until bright green and tender. Drain and place in a serving bowl.



5. Finish and Serve

Slice **steaks** (if you like). Serve with **roast potatoes, carrots, green beans** and **creamy mustard sauce**.

tip Add any resting sauces from the steaks into the sauce for extra flavour.