



# Beef in Creamy Dijon Sauce

with carrot mash and tomato salad

Calorie Smart 30 – 35 mins

11



Beef Strips



Carrot



Tomato



Garlic



Creme Fraiche



Stock



Mustard



Salad Leaves



Baby Potatoes



Balsamic Vinegar

Pantry Items: Salt, Pepper, Oil, Water, Butter, Milk (Optional)



Rate your recipe!

## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Colander, grater, pot with lid, potato masher

## Ingredients

	2P	4P
Beef Strips	250 g	500 g
Carrot	1 unit	2 units
Tomato	1 unit	2 units
Garlic	1 unit	2 units
Creme Fraiche	110 g	220 g
Stock	1 sachet	2 sachets
Mustard	½ sachet	1 sachet
Salad Leaves	40 g	80 g
Baby Potatoes	500 g	1000 g
Balsamic Vinegar	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>587.3 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2326.3 kJ/ 556 kcal	396.1 kJ/ 94.7 kcal
Fat (g)	15.3 g	2.6 g
Sat. Fat (g)	9.9 g	1.7 g
Carbohydrate (g)	59.1 g	10.1 g
Sugars (g)	9.2 g	1.6 g
Protein (g)	36 g	6.1 g
Salt (g)	1.8 g	0.3 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

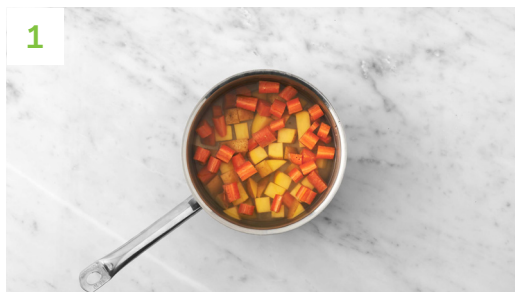
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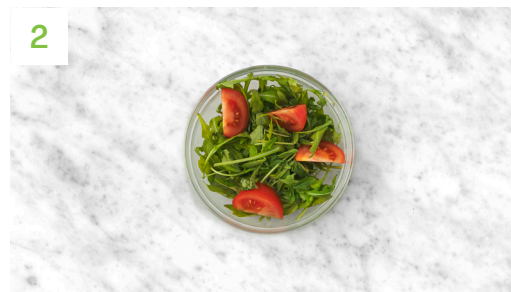
### Make the Mash

- Boil a large pot of **salted water** for the veg.
- Chop the **potatoes** into 2cm chunks. Trim the **carrot** then chop into 1cm rounds (no need to peel).
- Add the veg to the boiling **water** and cook until fork tender, 15-20 mins.
- Once cooked, drain in a colander and return to the pot, off the heat.
- Add a knob of **butter** and a splash of **milk** or **water**. Mash until smooth. Season with **salt** and **pepper**. Cover to keep warm.



### Simmer the Sauce

- Return the pan to medium-high heat with a drizzle of **oil**.
- Fry the **garlic** for 1 min then add the **creme fraiche**, **half** the **mustard** (double for 4p), and **stock**.
- Cook, stirring until slightly thickened for 2-3 mins.



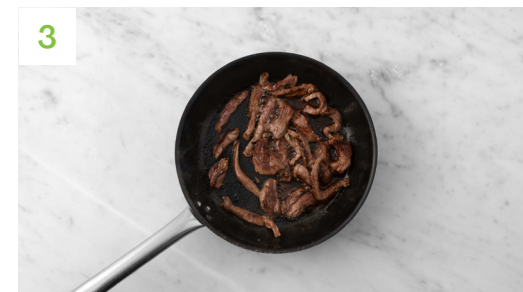
### Get Prepped

- Chop the **tomatoes** into wedges.
- Peel and grate the **garlic** (or use a garlic press).
- To make your dressing, mix the **balsamic vinegar** with 1 tbsp **oil** (double for 4p).
- Just before serving toss the **salad leaves** and **tomato** through the dressing and season to taste with **salt** and **pepper**.



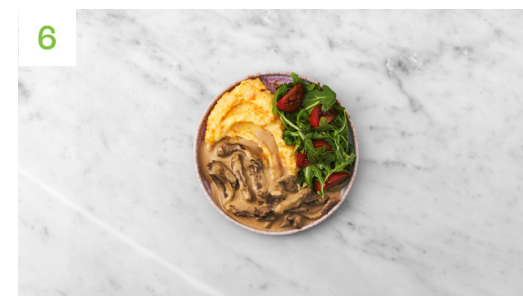
### Finishing Touches

- Once the sauce has thickened slightly, return the **beef strips** to the pan.
- Toss to coat the **beef strips** well in the sauce.



### Fry the Beef

- Place a large pan over high heat with a drizzle of **oil**.
- Once the pan is very hot, sear the **beef strips** until cooked through, shifting as they colour, 2-3 mins. **IMPORTANT:** Wash hands and equipment after handling raw meat and its packaging. Meat is safe to eat when the outside is browned.
- Remove the **beef strips** from the pan and cover to keep warm.



### Dish Up

- Divide the mash between plates.
- Top with the creamy Dijon **beef**.
- Serve the **tomato** salad alongside.

### Enjoy!