



More Than Food
HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on You'll be entered into our weekly photo contest!

Steak with Cheesy Mash and Tomato Salsa

When our chefs do mash, they like using their i-mash-inations! Whether it's garlic mash, swede or sweet potato, we're pushing the boundaries of mashness. This cheesy mash is a gentle, creamy way to bring together our succulent, juicy steak and sweet and tangy tomato salsa.

30 mins

2 of your 5 a day

family box



Red Potato
(2 packs)



Cherry Tomatoes
(1 punnet)



Echalion Shallot
(1)



Tarragon
(¼ bunch)



Ketchup
(2 tbsp)



Balsamic Vinegar
(1 tbsp)



Flank Steak
(4)



Ground Coriander
(1 tbsp)



Cheddar Cheese
(125g)

4 PEOPLE INGREDIENTS

- Red Potato, chopped
- Cherry Tomatoes, halved
- Echalion Shallot, chopped
- Tarragon, chopped
- Ketchup

- 2 packs
- 1 punnet
- 1
- ¼ bunch
- 2 tbsp

- Balsamic Vinegar
- Flank Steak
- Ground Coriander
- Cheddar Cheese

- 1 tbsp
- 4
- 1 tbsp
- 125g

🥬 Our fruit and veggies may need a little wash before cooking!

Did you know...

Balsamic vinegar was so valuable at one time that it was included in the dowries of noble women and was specifically mentioned in wills.

Allergens: Milk, Celery, Sulphites.

Nutrition as per prepared and listed ingredients

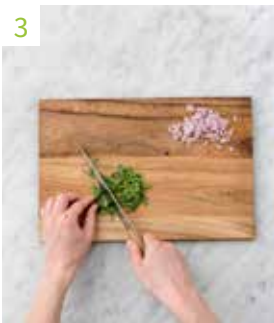
	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	667 kcal / 2809 kJ	28 g	16 g	48 g	13 g	60 g	2 g
Per 100g	115 kcal / 483 kJ	5 g	3g	8 g	2 g	10 g	0 g

1



1 Peel and chop the **potato** into 2cm chunks. Pop into a pot of water with a pinch of **salt** and put on high heat. When boiling, reduce the heat to medium and cook for 15-20 mins. **Tip:** *The potato is cooked when you can easily slip a knife through.*

3



2 While your potato cooks, prepare the **salsa**. Cut the **cherry tomatoes** in half through the equator. Pop them in a bowl with a pinch of **salt**.

3 Cut the **shallot** in half through the root, peel and then chop into ¼cm chunks (or as small as you can!). Mix this with your **tomatoes**. Pick the **leaves** from the **tarragon**, discard the stalks and then chop the **leaves**. Add these to your **tomatoes** and **shallot** and mix well.

4



4 Stir the **ketchup** and **balsamic vinegar** into your **salsa** and add a splash of **olive oil**. Give it a good stir and leave to one side.

5 Place the **steak** on a plate and drizzle over a splash of **oil**. Season each **steak** with a pinch of **salt** and a good grind of **black pepper**. Sprinkle over the **ground coriander** and then massage all of these ingredients into your **steak**. Wash your hands, then grate the **cheese** on the coarse side of your grater.

5



6 Once your **potato** is cooked, drain in a colander and allow the steam to escape for 2 mins. **Tip:** *This will create a drier, fluffier mash!* Mash your **potato** with a potato masher or fork and add your **cheese**, a knob of **butter** and a splash of **milk** (if you have some!). Mix well and then add more **salt** and **black pepper** to taste.

7 Heat a frying pan on high heat (no oil) and when it is very hot, carefully lay your **steak** in the pan to sear. We like our steak medium rare and cook it for 3-4 mins on each side. If you like your steak well done, cook for another 1-2 mins on each side. When your **steak** is ready allow it to rest before slicing.

8 Cut each **steak** into eight thin slices. Serve a generous amount of **cheesy mash** and place your **steak** alongside. Spoon over your **tomato salsa** and enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!