



Herbed Steak & Peppercorn-Mushroom Sauce

with Parmesan Potatoes & Nutty Sautéed Greens

FEAST

Grab your Meal Kit with this symbol



Moemoe Potato



Baby Broccoli



Cavolo Nero Kale



Button Mushrooms



Garlic



Lemon



Black Peppercorns



Premium Fillet Steak



Garlic & Herb Seasoning



Grated Parmesan Cheese



Roasted Hazelnuts



Chicken-Style Stock Powder



Cream

Prep in: 25-35 mins
Ready in: 40-50 mins

When the 'steaks' are high... you can't go past an eye fillet! The accompanying peppercorn sauce and cheesy potatoes are the perfect companions for this flavoursome beef and with things looking this good, it's time to set the dinner table, light a candle and pour a glass of your finest beverage. Bon appetit!

Pantry items

Olive Oil

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
Moemoe potato	2	4
baby broccoli	1 bag	1 bag
cavolo nero kale	1 bag	1 bag
button mushrooms	1 packet	1 packet
garlic	2 cloves	4 cloves
lemon	½	1
black peppercorns	1 sachet	2 sachets
premium fillet steak	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
grated Parmesan cheese	1 medium packet	1 large packet
roasted hazelnuts	1 packet	2 packets
chicken-style stock powder	1 medium sachet	1 large sachet
cream	½ packet (125ml)	1 packet (250ml)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3415kJ (816Cal)	476kJ (114Cal)
Protein (g)	52.5g	7.3g
Fat, total (g)	45.9g	6.4g
- saturated (g)	22g	3.1g
Carbohydrate (g)	45.8g	6.4g
- sugars (g)	18.2g	2.5g
Sodium (mg)	1114mg	155mg

The quantities provided above are averages only.

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.

We're here to help!

Scan here if you have any questions or concerns



2023 | CW30



Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **Moemoe potato** into bite-sized chunks. Halve any thicker stalks of **baby broccoli** lengthways. Roughly chop **cavolo nero kale**. Thinly slice **button mushrooms**. Finely chop **garlic**. Slice **lemon** into wedges. Crush **black peppercorns** with a pestle and mortar or in their sachet using a rolling pin.
- Place your hand flat on top of **premium fillet steak** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **garlic & herb seasoning** and a drizzle of **olive oil**, then season with **salt** and **pepper**. Add **steak** and turn to coat. Set aside.



Cook the steak

- **See Top Steak Tips (below) for extra info!**
- Return the frying pan to high heat with a drizzle of **olive oil**, if needed. When oil is hot, cook **steak** for **3-5 minutes** on each side for medium, or until cooked to your liking.
- Transfer to a plate and set aside to rest.

Top Steak Tips!

1. Use paper towel to pat steak dry before seasoning.
2. Check if steak is done by pressing on it gently with tongs - rare steak is soft, medium is springy and well-done is firm.
3. For ultimate tenderness, let steak rest on a plate for 10 minutes before slicing.



Roast the potatoes

- Place **potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then roast until just tender, **25-30 minutes**.
- In the last **5 minutes** of cook time, remove from oven, sprinkle with **grated Parmesan cheese** and bake until golden and crisp, **5 minutes**.

TIP: If your oven tray is crowded, divide between two trays.



Make the sauce

- While the steak is resting, wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **mushrooms** until browned and softened, **8-10 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**.
- Reduce heat low, then add **chicken-style stock powder, peppercorns, cream (see ingredients)** and a splash of **water** and simmer until thickened, **1-2 minutes**.



Sauté the nutty greens

- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **baby broccoli**, tossing, until tender, **2-3 minutes**.
- Add **kale** and **roasted hazelnuts** and cook until softened, **2-3 minutes**.
- Season and transfer to a bowl. Cover to keep warm.



Serve up

- Slice herbed steak.
- Bring everything to the table to serve. Help yourself to some steak, Parmesan potatoes, nutty sautéed greens and peppercorn-mushroom sauce.
- Serve with lemon wedges. Enjoy!

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