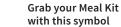


# Herbed Steak & Peppercorn-Mushroom Sauce

with Parmesan Potatoes & Nutty Sautéed Greens











**Button Mushrooms** 











**Black Peppercorns** 

Premium Fillet





Garlic & Herb

Seasoning



**Grated Parmesan** 







Chicken-Style Stock Powder





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

9			
	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	1/2	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)	
chicken-style stock powder	1 medium sachet ½ packet	1 large sachet 1 packet	

<sup>\*</sup>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.



# 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.



# 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.



# 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.



#### 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.



#### 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.

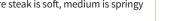


# Serve up

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

#### **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.





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