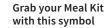


Premium Steak Fillet & Hasselback Potato Feast

with Mediterranean-Roasted Eggplant & Herby Mayo

TASTE TOURS













Garlic & Herb Seasoning



Cow's Milk



Premium Fillet



Baby Broccoli





Rocket Leaves



Dill & Parsley Mayonnaise



Ready in: 50-60 mins

garlic sauce and a side of Mediterranean-style roasted eggplant to give the classic steak and three veg a flavourful and worldly upgrade.

Pantry items

Olive Oil, Honey, Vinegar (White Wine or Balsamic)

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

Two oven trays lined with baking paper \cdot Large frying pan

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
Aussie spice blend	1 sachet	1 sachet	
eggplant	1	2	
garlic & herb seasoning	½ sachet	1 sachet	
honey*	1 tbs	2 tbs	
cow's milk feta	1/4 packet (47.5g)	½ packet (95g)	
premium fillet steak	1 packet	1 packet	
baby broccoli	1 bunch	1 bunch	
roasted hazelnuts	1 packet	2 packets	
rocket leaves	1 small bag	1 medium bag	
vinegar* (white wine or balsamic)	drizzle	drizzle	
dill & parsley mayonnaise	1 packet (40g)	1 packet (80g)	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4069kJ (973Cal)	660kJ (158Cal)
Protein (g)	46.5g	7.5g
Fat, total (g)	66g	10.7g
- saturated (g)	13.3g	2.2g
Carbohydrate (g)	47.7g	7.7g
- sugars (g)	23g	3.7g
Sodium (mg)	1172mg	190mg

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.



Roast the hasselback potatoes

- Preheat oven to 240°C/220°C fan-forced.
- Cut **potato** in half lengthways. Place one **potato** half, flat-side down, on a board between two wooden spoon handles (or chopsticks).
- Thinly slice potato without cutting all the way through. Place potato on one side of a lined oven tray, flat-side down and repeat with the remaining potatoes.
- Sprinkle over Aussie spice blend and drizzle with olive oil. Toss gently to coat, spread out evenly, then roast until tender, 30-35 minutes.



Roast the eggplant

- Meanwhile, cut eggplant into small chunks.
- Place on a second lined oven tray with garlic & herb seasoning and the honey. Drizzle with olive oil and toss to coat. Spread out evenly, then roast until golden brown and tender,
 20-25 minutes.
- When eggplant is done, crumble over feta (see ingredients), then toss to combine. Transfer to a serving bowl.



Cook the steak

- See Top Steak Tips (below) for extra info!
- While the eggplant is roasting, heat a large frying pan over high heat with a drizzle of olive oil.
 Season premium fillet steak all over, then add to the hot pan. Sear steak until browned,
 1 minute on all sides.
- Transfer to the oven tray with potatoes and roast for 8-10 minutes for medium or until cooked to your liking.
- Remove from oven and set steak aside to rest for 10 minutes.



Cook the baby broccoli

- Halve any thicker stalks of baby broccoli lengthways.
- Return the frying pan to medium-high heat with a drizzle of olive oil. Cook baby broccoli until tender, 5-6 minutes. Season to taste. Transfer to a medium bowl and allow to cool slightly.



Make the salad

- · Roughly chop roasted hazelnuts.
- To the bowl with baby broccoli, add rocket leaves, hazelnuts and a drizzle of vinegar and olive oil. Season and toss to coat.



Serve up

- Slice premium steak fillet, then spoon over some dill & parsley mayonnaise.
- Bring everything to the table to serve. Help yourself to some steak, hasselback potatoes, baby broccoli salad and Mediterranean roasted eggplant.
- Serve with any remaining dill-parsley mayo.
 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 5 minutes before slicing.



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