



Premium Steak Fillet & Hasselback Potato Feast

with Mediterranean-Roasted Eggplant & Herby Mayo

TASTE TOURS

Grab your Meal Kit with this symbol



Potato



Eggplant



Cow's Milk Feta



Baby Broccoli



Rocket Leaves



Aussie Spice Blend



Garlic & Herb Seasoning



Premium Fillet Steak



Roasted Hazelnuts



Dill & Parsley Mayonnaise

Prep in: **20-30 mins**
Ready in: **50-60 mins**

A juicy tender steak is one thing, but the right condiment takes it to the next level of deliciousness. We've added a bright parsley-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 · Large frying pan

Ingredients

	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	¼ 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.

We're here to help!

Scan here if you have any questions or concerns

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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**.



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.



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.



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.



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**.



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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