



Premium Fillet Steak & Onion-Parsley Sauce

with Parmesan Mash & Sautéed Greens

GOURMET

Grab your Meal Kit with this symbol



Potato



Baby Broccoli



Green Beans



Onion



Garlic



Parsley



Premium Fillet Steak



Grated Parmesan Cheese



Chicken-Style Stock Powder

Prep in: 25-35 mins
Ready in: 35-45 mins

Make a flavour-packed sauce to drizzle over a tender cut of premium beef steak using onion, herbs and garlic. Then, finish off your gourmet creation with creamy mash and vibrant greens.

Pantry items

Olive Oil, Butter, Milk, Plain Flour

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

Medium saucepan with a lid · Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
baby broccoli	1 bag	2 bags
green beans	1 bag (100g)	1 bag (200g)
onion	½	1
garlic	2 cloves	4 cloves
parsley	1 bag	1 bag
premium fillet steak	1 packet	1 packet
butter* (for the mash)	20g	40g
milk*	2 tbs	¼ cup
grated Parmesan cheese	1 large packet	2 large packets
plain flour*	½ tsp	1 tsp
water*	½ cup	1 cup
chicken-style stock powder	½ medium sachet	1 medium sachet
butter* (for the sauce)	40g	80g

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3357kJ (802Cal)	529kJ (126Cal)
Protein (g)	51g	8g
Fat, total (g)	47.8g	7.5g
- saturated (g)	25.9g	4.1g
Carbohydrate (g)	40.9g	6.5g
- sugars (g)	15.7g	2.5g
Sodium (mg)	624mg	98mg

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](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

Fancy a drop?

We recommend pairing this meal with Sangiovese or Syrah.

We're here to help!

Scan here if you have any questions or concerns

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Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Bring a medium saucepan of salted water to the boil.
- Peel **potato**, then cut into large chunks. Halve any thick stalks of **baby broccoli**. Trim **green beans**. Thinly slice **onion** (see ingredients). Finely chop **garlic**. Roughly chop **parsley**.



Cook the greens

- Meanwhile, return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **baby broccoli** and **green beans**, tossing, until tender, **4-6 minutes**.
- Add half the **garlic** and cook until fragrant, **30 seconds**. Transfer to a plate.



Sear the steak

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



Make the sauce

- Wipe out the frying pan, then return to medium heat with a drizzle of **olive oil**. Cook **onion** until tender, **3-4 minutes**.
- Add the **plain flour** and remaining **garlic** and cook until fragrant, **1 minute**.
- Add the **water**, **chicken-style stock powder** (see ingredients) and any **steak resting juices**. Bring to the boil, then reduce heat to medium-low and simmer for **2 minutes**.
- Add **butter (for the sauce)** and whisk to combine. Remove from heat, then stir through **parsley**.



Make the mash

- While the steak is roasting, cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **10-15 minutes**.
- Drain, then return **potato** to the saucepan. Add **butter (for the mash)**, the **milk** and a generous pinch of **salt**, then mash until smooth.
- Add **grated Parmesan cheese** and stir through until melted. Cover to keep warm.



Serve up

- Slice premium beef steak.
- Divide Parmesan mash, sautéed greens and steak between plates.
- Spoon onion-parsley sauce over steak to serve. 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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