



Beef Fillet Steak & Miso Butter

with Sesame Veggies & Crispy Shallot Mash

GOURMET

Grab your Meal Kit with this symbol



Potato



Green Beans



Baby Broccoli



Miso Paste



Crispy Shallots



Sesame Seeds



Japanese Dressing



Premium Fillet Steak



Salad Leaves



Fresh Chilli (Optional)



Herbs

Recipe Update

Due to local availability, the ingredients you receive may be a little different to what's pictured. It'll be just as delicious, just follow your recipe card!

Prep in: 20-30 mins
Ready in: 35-45 mins

Serve an elegant meal with a dash of Japanese flair. Umami-rich miso paste adds an unmistakable depth of flavour to a perfectly cooked steak while a toasted sesame dressing lifts quickly sautéed vegetables to brand new heights. Every bite of this easy steak dinner is simply sensational!

Pantry items

Olive Oil, Butter, Milk, Soy Sauce

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
green beans	1 bag (100g)	1 bag (200g)
baby broccoli	1 bag	2 bags
miso paste	½ packet (20g)	1 packet (40g)
butter*	60g	120g
salt*	¼ tsp	½ tsp
milk*	2 tbs	¼ cup
crispy shallots	1 medium packet	1 large packet
sesame seeds	1 sachet	2 sachets
Japanese dressing	1 packet	2 packets
soy sauce*	2 tsp	1 tbs
premium fillet steak	1 packet	1 packet
salad leaves	1 small bag	1 medium bag
fresh chilli (optional)	½	1
herbs	½ bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3549kJ (848Cal)	547kJ (131Cal)
Protein (g)	46g	7.1g
Fat, total (g)	50.7g	7.8g
- saturated (g)	23.8g	3.7g
Carbohydrate (g)	50.8g	7.8g
- sugars (g)	18.7g	2.9g
Sodium (mg)	1215mg	187mg

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.

Fancy a drop?

Browse our Wine Boxes in the expanded menu to find your next perfect pairing.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW01



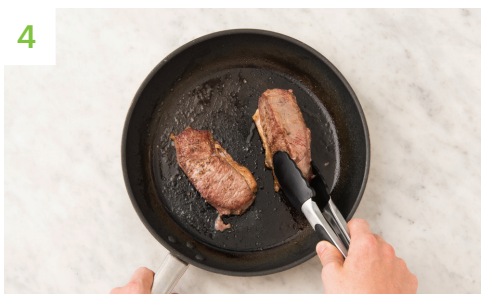
1



Get prepped

- Bring a medium saucepan of lightly salted water to the boil.
- Peel **potato** and cut into 2cm chunks. Trim **green beans**, then cut **green beans** and **baby broccoli** into 3cm pieces.
- In a medium bowl, combine the **miso paste** (see **ingredients**) and half the **butter**. Season with **pepper** and mash with a fork to combine. Set aside.

4



Cook the steak

- Return the frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **premium fillet steak**, **3-5 minutes** each side for medium or until cooked to your liking.
- Transfer to a plate, then top with the **miso butter** and set aside to rest.

2



Make the mash

- Add the **potato** to the boiling water and cook, over high heat, until easily pierced with a fork, **10-15 minutes**. Drain and return to the saucepan.
- Add the **salt**, **milk** and remaining **butter**, then mash until smooth.
- Stir through the **crispy shallots** and cover to keep warm.

5



Cook the veggies

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **baby broccoli**, **green beans** and a splash of **water**, tossing, until tender, **5-6 minutes**.
- Add **salad leaves** and stir through until just wilted.
- Add **sesame dressing** and toss until well combined.

3



Make the sesame dressing

- While the potato is cooking, heat a large frying pan over medium-high heat. Toast **sesame seeds**, tossing, until golden, **3-4 minutes**.
- Transfer to a mortar and pestle and grind until seeds are a coarse powder.
- Transfer to a medium bowl. Add **Japanese dressing** and the **soy sauce**. Mix well and set aside.

TIP: If you don't have a pestle and mortar, leave the sesame seeds whole.

6



Serve up

- Thinly slice **fresh chilli** (if using). Slice fillet steak.
- Divide steak, crispy shallot mash and sesame veggies between plates. Spoon any resting juices over the steak.
- Tear **herbs** (see **ingredients**) over the mash and garnish with **chilli** to serve. Enjoy!

Rate your recipe

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