



# Premium Fillet Steak & Onion-Parsley Sauce

with Parmesan Mash & Sautéed Greens

GOURMET PLUS

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

It's a classic steak dinner elevated by new and fragrant flavours. From the juicy, premium fillet cut drizzled in a parsley-infused sauce to the cheesy mashed potatoes and sautéed greens. You're in for a real treat.

### Pantry items

Olive Oil, Butter, 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
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
baby broccoli	½ medium bunch	1 medium bunch
green beans	1 small packet	1 medium packet
onion	½	1
garlic	2 cloves	4 cloves
parsley	1 packet	1 packet
premium fillet steak	1 medium packet	2 medium packets OR 1 large packet
<b>butter*</b> (for the mash)	20g	40g
<b>milk*</b>	2 tbs	¼ cup
grated Parmesan cheese	1 medium packet	1 large packet
<b>plain flour*</b>	½ tsp	1 tsp
<b>water*</b>	½ cup	1 cup
chicken-style stock powder	½ medium sachet	1 medium sachet
<b>butter*</b> (for the sauce)	40g	80g

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3104kJ (742Cal)	527kJ (126Cal)
Protein (g)	45.5g	7.7g
Fat, total (g)	44.2g	7.5g
- saturated (g)	23.6g	4g
Carbohydrate (g)	40.6g	6.9g
- sugars (g)	19.7g	3.3g
Sodium (mg)	529mg	90mg

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://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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## 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.
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## 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 and cover to keep warm.

### 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.



## 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 onion 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 the **butter (for the sauce)** and whisk to combine. Remove from heat, then stir through **parsley**.



## Make the Parmesan 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 the **butter (for the mash)**, **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!

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