

Garlic Butter Fillet Steak & Herby Potatoes

with Chilli Parmesan Baby Broccoli

GOURMET PLUS

Grab your Meal Kit with this symbol



Potato



Parsley



Onion



Fresh Chilli (Optional)



Baby Leaves



Garlic & Herb Seasoning



Garlic



Baby Broccoli



Premium Fillet Steak



Grated Parmesan Cheese

Prep in: 30-40 mins
Ready in: 35-45 mins

Simple and sensational – those are the buzzwords for tonight's dinner. Indulge in a tender cut of beef eye fillet with all your favourite sides, including a melting garlic-herb butter that'll have you buzzing too!

Pantry items

Olive Oil, Butter

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic & herb seasoning	1 medium sachet	2 medium sachets
parsley	1 packet	1 packet
garlic	2 cloves	4 cloves
onion	½	1
baby broccoli	½ medium bunch	1 medium bunch
fresh chilli  (optional)	½	1
butter*	40g	80g
premium fillet steak	1 medium packet	2 medium packets OR 1 large packet
baby leaves	1 medium packet	1 large packet
grated Parmesan cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2802kJ (670Cal)	454kJ (109Cal)
Protein (g)	45.5g	7.4g
Fat, total (g)	35.8g	5.8g
- saturated (g)	18.1g	2.9g
Carbohydrate (g)	44.2g	7.2g
- sugars (g)	23g	3.7g
Sodium (mg)	278mg	45mg
Dietary Fibre (g)	8g	1.3g

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.v

We're here to help!

Scan here if you have any questions or concerns

2024 | CW17



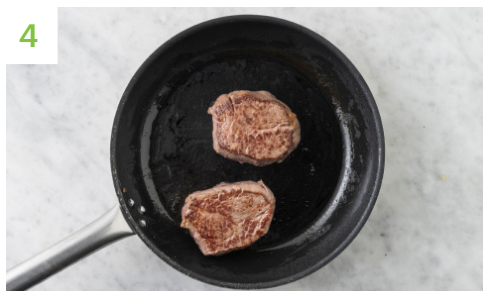
1



Roast the potato

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks.
- Place **potato** on a lined oven tray. Sprinkle over **garlic & herb seasoning**, drizzle with **olive oil** and season with **salt**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.

4



Cook the steak

- See '**Top Steak Tips!**' (below). When the potatoes have **15 minutes** remaining, place your hand flat on top of the **premium fillet steak** and slice through horizontally to make two thin steaks. Season with **salt** and **pepper**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **steak** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded).
- Transfer to a plate, then top with **garlic-herb butter**. Cover loosely with foil and set aside to rest.

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.

2



Get prepped

- While the potatoes are roasting, pick **parsley** leaves. Finely chop **parsley** and **garlic**.
- Thinly slice **onion** (see ingredients). Halve any thick stalks of **baby broccoli** (see ingredients) lengthways. Thinly slice **fresh chilli** (if using).

5



Cook the veggies

- While the steak is resting, return the frying pan to medium-high heat with a drizzle of **olive oil** if needed. Cook **onion** and **baby broccoli**, tossing, until tender, **5-6 minutes**.
- Add **baby leaves**, **chilli** (if using) and remaining **garlic** and cook, stirring, until leaves have wilted, **1-2 minutes**.
- Remove pan from heat, then stir through **grated Parmesan cheese**.

3



Make the garlic-herb butter

- In a medium bowl, combine the **butter**, **parsley** and half the **garlic**.
- Season with **pepper**, then mash together with a fork. Set aside.

TIP: Add as much or as little garlic as you like depending on your taste.

TIP: Soften the butter for 10 seconds in the microwave if you're finding it hard to combine!

6



Serve up

- Slice premium fillet steak.
- Divide herby potatoes, steak and Parmesan veggies between plates.
- Spoon any steak resting juices and remaining herb butter over steak to serve. Enjoy!

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