



Seared Fillet Steak & Pesto Butter Sauce

with Oregano Roasted Veggies & Zesty Mixed Salad

GOURMET PLUS

Grab your Meal Kit with this symbol



Potato



Baby Rainbow Carrots



Dried Oregano



Lemon



Garlic



Onion



Premium Fillet Steak



Basil Pesto



Mixed Salad Leaves

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

Steak night always feels a bit luxurious, especially when prepared with a premium eye fillet steak and a flavourful pesto sauce drizzled over. Gather around the table with friends and family, raise your steak knives high, and let the feast begin!

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

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
baby rainbow carrots	½ large packet	1 large packet
dried oregano	1 medium sachet	1 large sachet
lemon	½	1
garlic	2 cloves	4 cloves
onion	½	1
premium fillet steak	1 medium packet	2 medium packets OR 1 large packet
butter*	10g	20g
basil pesto	1 medium packet	1 large packet
mixed salad leaves	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2815kJ (673Cal)	444kJ (106Cal)
Protein (g)	40.7g	6.4g
Fat, total (g)	34.4g	5.4g
- saturated (g)	9.4g	1.5g
Carbohydrate (g)	48.4g	7.6g
- sugars (g)	25.2g	4g
Sodium (mg)	282mg	45mg
Dietary Fibre (g)	11.6g	1.8g

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?

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We're here to help!

Scan here if you have any questions or concerns

2024 | CW18



1



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **potato** into bite-sized chunks. Trim green tops from **baby rainbow carrots (see ingredients)** and scrub them clean.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **dried oregano**, then season with **salt**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide between two trays.

4



Make the pesto sauce

- While the steak is roasting, return the pan to low heat with a drizzle of **olive oil**. Cook **onion** until softened, **3-4 minutes**.
- Add **garlic** and the **butter** and cook until fragrant, **1 minute**.
- Remove pan from heat, then stir through **basil pesto** until well combined. Season to taste and stir through any **steak resting juices**. Set aside.

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

- Meanwhile, slice **lemon** into wedges. Finely chop **garlic** and **onion (see ingredients)**.

5



Dress the salad

- In a medium bowl, add a drizzle of **olive oil** and a squeeze of **lemon juice**.
- Add **mixed salad leaves**, season to taste and toss to coat.

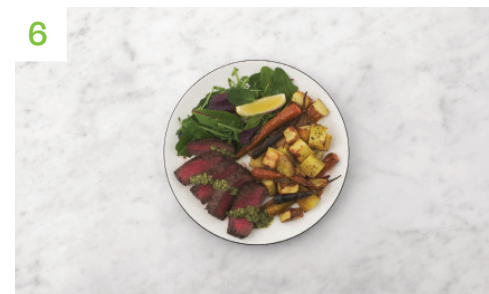
3



Roast the steak

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

6



Serve up

- Slice seared fillet steak.
- Divide steak, zesty mixed salad and oregano roasted veggies between plates.
- Spoon pesto butter sauce over steak.
- Serve with any remaining lemon wedges. Enjoy!

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