



# Roast Beef Eye Fillet & Mustard Gravy

with Garlic Mash & Bacon Greens

GOURMET PLUS

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Potato



Garlic



Premium Fillet Steak



Green Beans



Baby Broccoli



Diced Bacon



Gravy Granules



Dijon Mustard

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

Tender perfection, that's how people will describe this dinner once they're done licking their plates! This premium cut of beef is roasted until juicy and flavourful, and is paired with a fragrant garlic mash, bacon-speckled greens and a punchy Dijon gravy. Tonight's dinner will have the aftertaste of satisfaction.

### Pantry items

Olive Oil, Butter, Milk

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large saucepan · 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
garlic	3 cloves	6 cloves
<b>butter*</b>	40g	80g
<b>milk*</b>	2 tbs	¼ cup
premium fillet steak	1 medium packet	2 medium packets OR 1 large packet
green beans	1 small packet	1 medium packet
baby broccoli	½ medium bunch	1 medium bunch
diced bacon	1 medium packet	2 medium packets OR 1 large packet
gravy granules	1 medium sachet	2 medium sachets
Dijon mustard	½ medium packet	1 medium packet
<b>boiling water*</b>	½ cup	1 cup

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3181kJ (760Cal)	575kJ (137Cal)
Protein (g)	47.8g	8.6g
Fat, total (g)	44.8g	8.1g
- saturated (g)	20.4g	3.7g
Carbohydrate (g)	41.9g	7.6g
- sugars (g)	21.4g	3.9g
Sodium (mg)	986mg	178mg
Dietary Fibre (g)	6.3g	1.1g

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.

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2024 | CW22



## Make the mash

- Preheat oven to **220°C/200°C fan-forced**. Boil the kettle.
- Peel **potato** and cut into large chunks. Finely chop **garlic**.
- Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**. Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**. Drain **potato** and set aside.
- Return the saucepan to medium-high heat with a drizzle of **olive oil**. Cook **garlic** until fragrant, **1 minute**. Add **potato**, the **butter** and **milk** and season with **salt**. Mash until smooth. Cover to keep warm.



## Cook the bacon & greens

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **diced bacon**, breaking up with a spoon, until golden, **4-5 minutes**. Transfer to a medium bowl.
- Return the frying pan to medium-high heat, then cook **baby broccoli** and **green beans** until softened, **5-6 minutes**. Transfer the **veggies** to the bowl with the **bacon**. Season.
- Boil the kettle.

### 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.



## Roast the beef

- See '**Top Steak Tips**' (below). Meanwhile, season **premium fillet steak** with **salt** and **pepper**. Heat a large frying pan over high heat with a drizzle of **olive oil**. Add the **steak** to the pan and sear until browned, **1 minute** on all sides.
- Transfer to a lined oven tray. Roast for **8-10 minutes** for medium or until cooked to your liking.
- Remove **beef** from the oven and set aside to rest for **5-10 minutes**.



## Make the gravy

- While the steak is resting, in a medium heatproof bowl, combine **gravy granules**, **Dijon mustard** (see ingredients) and the **boiling water** (½ cup for 2 people / 1 cup for 4 people), whisking, until smooth, **1 minute**.



## Get prepped

- While the beef is roasting, trim **green beans**. Slice **baby broccoli** (see ingredients) in half lengthways.



## Serve up

- Slice beef.
- Divide garlic mash and bacon greens between plates. Top with roasted beef fillet.
- Pour over mustard gravy to serve. Enjoy!

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