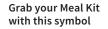


Roast Beef Eye Fillet & Mustard Gravy with Garlic Mash & Bacon Greens

GOURMET PLUS









Potato







Premium Fillet







Baby Broccoli



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 \cdot Large frying pan \cdot Oven tray lined with baking paper

Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	3 cloves	6 cloves
butter*	40g	80g
milk*	2 tbs	1/4 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
boiling water*	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
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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.



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.



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.



Get prepped

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



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.



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.



Serve up

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



- 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.



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