



Honey Balsamic-Glazed Beef Eye Fillet

with Pearl Couscous, Baby Rainbow Carrots & Almonds

GOURMET PLUS

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28



Cauliflower



Baby Rainbow Carrots



Chermoula Spice Blend



Flaked Almonds



Radish



Parsley



Mint



Pearl (Israeli) Couscous



Chicken-Style Stock Powder



Premium Fillet Steak

Prep in: 25-35 mins
Ready in: 35-45 mins

Calorie Reduced

There's nothing like a succulent fillet steak and all the trimmings. Toss the eye fillet steak in a honey glaze and serve with a herby, veggie-studded couscous, and roasted baby carrots. Let the festivities begin!

Pantry items

Olive Oil, White Wine Vinegar, Honey, Balsamic Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 medium portion	1 large portion
baby rainbow carrots	½ large packet	1 large packet
chermoula spice blend	1 medium sachet	1 large sachet
flaked almonds	1 packet	2 packets
radish	2	4
parsley	1 packet	1 packet
mint	1 packet	1 packet
white wine vinegar*	¼ cup	½ cup
honey*	½ tbs	1 tbs
balsamic vinegar*	1 tbs	2 tbs
pearl (Israeli) couscous	½ packet	1 packet
chicken-style stock powder	1 medium sachet	1 large sachet
premium fillet steak	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2234kJ (534Cal)	430kJ (103Cal)
Protein (g)	42.3g	8.1g
Fat, total (g)	14.5g	2.8g
- saturated (g)	4.9g	0.9g
Carbohydrate (g)	52.4g	10.1g
- sugars (g)	17.5g	3.4g
Sodium (mg)	1090mg	210mg
Dietary Fibre (g)	9.3g	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.

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.

We're here to help!

Scan here if you have any questions or concerns

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Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Chop **cauliflower** (including the stalk!) into small florets. Trim green tops from **baby rainbow carrots** (see ingredients) and scrub them clean.
- **SPICY!** *This is a mild spice blend, but use less if you're sensitive to heat.* Place **cauliflower** on one side of a lined oven tray, and add **baby carrots** on the other.
- Sprinkle over **chermoula spice blend**, drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender and brown around the edges, **20-25 minutes**.
- When there is **3 minutes** cook time remaining, sprinkle **flaked almonds** over the **carrots**, and toast until golden.



Cook the beef

- See **'Top Steak Tips!'** (left). While the couscous is cooking, place your hand flat on top of **premium fillet steak** and slice through horizontally to make two thin steaks. Season **steaks** with **salt** and a drizzle of **olive oil**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, cook **beef** for **3-5 minutes** on each side (depending on thickness), or until cooked to your liking.
- Remove pan from heat, add the **honey mixture**, turning to coat. Transfer the **steak** and any remaining sauce to a plate. Rest for **5 minutes**.



Get prepped

- While the veggies are roasting, thinly slice **radish**. Roughly chop **parsley** and **mint**.
- In a medium bowl, combine **radish**, the **white wine vinegar** and a good pinch of **sugar** and **salt**. Add enough **water** to just cover and set aside until serving.
- In a small bowl, combine the **honey**, **balsamic vinegar** and a splash of **water**. Set aside.

TIP: *Slicing the radish very thinly helps it pickle faster!*



Bring it all together

- While the steak is resting, add the **roasted cauliflower**, **mint** and **parsley** to the **couscous**. Stir to combine and season with **pepper**.



Cook the couscous

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Toast the **pearl couscous** (see ingredients), stirring occasionally, until golden, **1-2 minutes**.
- Half-fill the saucepan with water, bring to the boil, then simmer, uncovered, until tender, **10-12 minutes**.
- Drain and return to the saucepan with the **chicken-style stock powder** and a drizzle of **olive oil**.



Serve up

- Slice the steak.
- Divide pearl couscous between plates. Top with beef, baby rainbow carrots and almonds.
- Spoon over any remaining honey glaze. Serve with pickled radish. Enjoy!

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