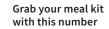


# Premium Fillet Steak & Pumpkin-Thyme Gratin

with Baby Broccoli & Green Beans

GOURMET PLUS









Peeled Pumpkin Pieces







Garlic

Baby Broccoli





Green Beans

Panko Breadcrumbs



Grated Parmesan Cheese



Premium Fillet Steak



Prep in: 30-40 mins Ready in: 40-50 mins



We don't know about you guys, but we reckon any time of year is a good time for some festive favourites! A perfectly cooked steak is always a winner, but the star of this meal might be the pumpkin-thyme gratin, with a creamy, cheesy sauce and a golden panko crumb. Grab a fork and dig right in!

#### **Pantry items**

#### 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  $\cdot$  Large frying pan  $\cdot$  Medium or large baking dish

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
peeled pumpki pieces	in 1 medium packet	2 medium packets
thyme	1 packet	1 packet
garlic	1 clove	2 cloves
baby broccoli	½ medium bunch	1 medium bunch
green beans	1 small packet	1 medium packet
panko breadcrumbs	½ large packet	1 large packet
butter*	20g	40g
plain flour*	1 tbs	2 tbs
milk*	3/4 cup	1½ cups
salt*	1/4 tsp	½ tsp
grated Parmesa cheese	an 1 medium packet	1 large packet
premium fillet steak	1 medium packet	2 medium packets OR 1 large packet

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2426kJ (580Cal)	385kJ (92Cal)
Protein (g)	49.8g	7.9g
Fat, total (g)	23.2g	3.7g
- saturated (g)	12.2g	1.9g
Carbohydrate (g)	37.9g	6g
- sugars (g)	18.6g	2.9g
Sodium (mg)	552mg	88mg
Dietary Fibre (g)	5.4g	0.9g

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.





### Roast the pumpkin

- Preheat oven to 220°C/200°C fan-forced.
- Place peeled pumpkin pieces on a lined oven tray, drizzle with olive oil and season with salt and pepper. Toss to coat, then spread out evenly and roast until just tender, 20-25 minutes.



## Get prepped

- Meanwhile, thinly slice thyme leaves.
- Finely chop garlic.
- Halve baby broccoli (see ingredients) lengthways.
- Trim green beans.
- In a medium bowl, combine panko breadcrumbs (see ingredients) with a drizzle of olive oil, then season.



## Bake the gratin

- Heat a large frying pan over medium heat. Cook the butter, thyme and garlic until fragrant, 1 minute.
- Add the plain flour and cook, stirring, until a thick paste forms, 2 minutes.
- Remove the pan from heat, then slowly whisk in the milk until smooth. Stir through the salt and grated Parmesan cheese, then season with pepper.
- Add the roasted pumpkin and gently stir to coat. Transfer to a baking dish.
- Evenly top with the panko mixture, then bake until golden and bubbling, 10-15 minutes.

# Cook the steak

- See Top Steak Tips (below) for extra info!
- Meanwhile, wash and dry the frying pan, then return to high heat with a drizzle of olive oil.
  Season premium fillet steak, then add to the hot pan. Sear steak until browned, 1 minute on all sides.
- Transfer to lined oven tray and roast for 8-10 minutes for medium or until cooked to your liking.
- Remove the **steak** from the oven and set aside to rest.



# Cook the greens

 While the steak is roasting, return the pan to medium-high heat with a drizzle of olive oil.
Cook baby broccoli and green beans, tossing, until just tender, 5-6 minutes. Season to taste.

**TIP:** Add a dash of water to help speed up the veggie cooking process.



## Serve up

- · Slice premium fillet steak.
- Divide pumpkin and thyme gratin, steak and greens between plates.
- Pour any resting juices over steak. Enjoy!

#### Top Steak Tips!

- 1. Use paper towel to pat steak dry before seasoning.
- 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.

#### Rate your recipe

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