Premium Fillet Steak & Pumpkin-Thyme Gratin

with Baby Broccoli & Green Beans

GOURMET PLUS

Grab your meal kit with this number **28**

Peeled Pumpkin Pieces

Thyme

Garlic

Baby Broccoli

Green Beans

Panko Breadcrumbs

Grated Parmesan Cheese

Premium Fillet Steak

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

Carb Smart

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

Olive Oil, Butter, Plain Flour, Milk

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 frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
peeled pumpkin pieces	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*	¾ cup	1½ cups
salt*	¼ tsp	½ tsp
grated Parmesan cheese	1 medium packet	1 large packet
premium fillet steak	1 medium packet	2 medium packets OR 1 large packet

****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.

We're here to help!

Scan here if you have any questions or concerns

1

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**.

2

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.

3

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**.

4

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.

5

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.*

6

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.
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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