



Beef Fillet Steak & Rainbow Carrots

with Creamy Mushroom Sauce & Potato Mash

GOURMET PLUS

Grab your meal kit with this number

28



Baby Rainbow Carrots



Green Beans



Potato



Premium Fillet Steak



Button Mushrooms



Garlic



Thyme



Cream

Prep in: 30-40 mins
Ready in: 35-45 mins

Steak, mash and mushroom sauce is a classic combo for a reason, and this dish highlights exactly why. Premium eye fillet is cooked just how you like it, and a creamy dreamy mushroom sauce adds rich umami flavour. The roasted baby carrots are not to be overlooked either, adding sweet brightness to your plate!

Pantry items

Olive Oil, Butter, 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

Medium saucepan · Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
baby rainbow carrots	½ large packet	1 large packet
green beans	1 small packet	1 medium packet
potato	2	4
butter* (for the mash)	40g	60g
milk*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
premium fillet steak	1 medium packet	2 medium packets OR 1 large packet
button mushrooms	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
thyme	1 packet	1 packet
butter* (for the sauce)	20g	40g
cream	½ packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3982kJ (952Cal)	504kJ (120Cal)
Protein (g)	43.7g	5.5g
Fat, total (g)	64.9g	8.2g
- saturated (g)	37.4g	4.7g
Carbohydrate (g)	47.1g	6g
- sugars (g)	29.9g	3.8g
Sodium (mg)	2133mg	270mg
Dietary Fibre (g)	10.5g	1.3g

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.

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2024 | CW32



Roast the veggies

- Preheat the oven to **220°C/200°C fan-forced**. Bring a medium saucepan of lightly salted water to the boil.
- Trim the green tops from the **baby rainbow carrots (see ingredients)** and scrub them clean. Trim **green beans**.
- Place the **carrots** on an oven tray lined with baking paper and drizzle with **olive oil**. Season with **salt** and **pepper** and toss to coat.
- Spread out in a single layer, then roast until golden and tender, **20-25 minutes**.
- In the last **5 minutes** of cook time, add **green beans** to the oven tray. Return the tray to the oven and roast until the beans are tender, **5-7 minutes**.



Cook the mushrooms

- Thinly slice **button mushrooms**. Finely chop **garlic**. Pick **thyme leaves**.
- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Add the **garlic** and cook until fragrant, **1 minute**. Add **sliced mushrooms** and **butter (for the sauce)** and cook, stirring, until browned, **4-5 minutes**.

Top Steak Tips!

- 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.
- For ultimate tenderness, let steak rest on a plate for 5 minutes before slicing.



Make the mash

- While the carrots are roasting, peel the **potato** and cut into 2cm chunks.
- Add the **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**.
- Drain and return the **potato** to the saucepan. Add the **butter (for the mash)**, **milk** and **salt** to the saucepan with the **potato**. Mash with a potato masher or fork until smooth. Cover with a lid to keep warm.



Make the sauce

- Reduce the heat to medium, then add **cream (see ingredients)**, **thyme** and any **steak** resting juices. Stir until well combined and reduced slightly, **2-3 minutes**.
- Season to taste with **salt** and **pepper**.



Cook the beef

- See 'Top Steak Tips' (below)**. While the potato is cooking, place your hand flat on top of the **premium fillet steak** and slice through horizontally to make two thin steaks.
- In a small bowl, combine the **steaks**, a pinch of **salt** and a drizzle of **olive oil**.
- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. When the oil is hot, cook the **beef** for **3-5 minutes** on each side (depending on thickness), or until cooked to your liking. Transfer to a plate.



Serve up

- Thickly slice the beef fillet steak.
- Divide the mashed potato between plates and top with the roasted carrots, green beans and fillet steak.
- Spoon over the creamy mushroom sauce to serve. Enjoy!

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