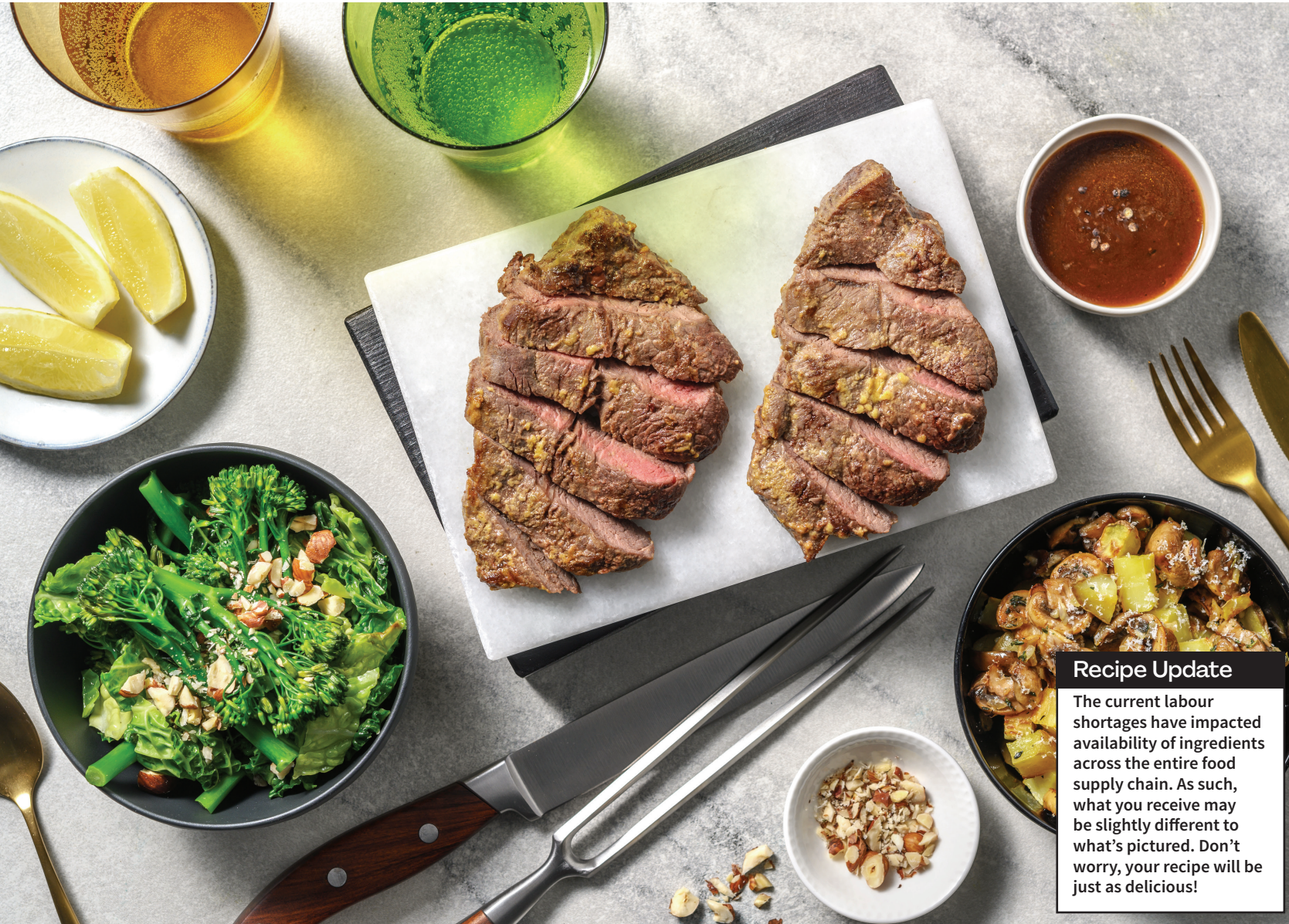




Herbed Steak & Parmesan-Mushroom Potatoes

with Peppercorn Sauce & Nutty Sautéed Greens

Grab your Meal Kit with this symbol



Potato



Baby Broccoli



Cavolo Nero Kale



Roasted Hazelnuts



Button Mushrooms



Garlic



Onion



Herbs



Beef-Style Stock Powder



Lemon



Garlic & Herb Seasoning



Premium Fillet Steak



Peppercorn Sauce



Grated Parmesan Cheese

Recipe Update
The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **25-35 mins**
Ready in: **40-50 mins**

When the 'steaks' are high... you can't go past an eye fillet! The accompanying peppercorn sauce and cheesy potatoes are the perfect companions for this flavoursome beef and with things looking this good, it's time to set the dinner table, light a candle and pour a glass of your finest beverage. Bon appetit!

Pantry items

Olive Oil, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
baby broccoli	1 bag	1 bag
cavolo nero kale	1 bunch	1 bunch
roasted hazelnuts	1 packet	2 packets
button mushrooms	1 packet	1 packet
garlic	3 cloves	6 cloves
onion	½	1
herbs	1 bag	1 bag
premium fillet steak	1 packet	1 packet
garlic & herb seasoning	1 medium sachet	1 large sachet
butter*	20g	40g
beef-style stock powder	1 sachet (5g)	1 sachet (10g)
peppercorn sauce	1 medium packet	2 medium packets
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
lemon	½	1

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3390kJ (810Cal)	449kJ (107Cal)
Protein (g)	58.9g	7.8g
Fat, total (g)	39.3g	5.2g
- saturated (g)	16.5g	2.2g
Carbohydrate (g)	53.2g	7g
- sugars (g)	22.8g	3g
Sodium (mg)	1368mg	181mg

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](https://www.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.



Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks and place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.
- Meanwhile, trim **baby broccoli**. Roughly chop **cavolo nero kale** and **roasted hazelnuts**. Thinly slice **button mushrooms**. Finely chop **garlic** and **onion** (see ingredients). Pick **herbs** leaves. Place your hand flat on top of **premium fillet steak** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **garlic & herb seasoning** and a drizzle of **olive oil**, then season with **salt** and **pepper**. Add **steak** and turn to coat. Set aside.



Sear the steak

- **See Top Steak Tips (below) for extra info!**
- Return the large frying pan to high heat with a drizzle of **olive oil**, if needed. When oil is hot, cook **steak** for **3-5 minutes** on each side for medium or until cooked to your liking.
- Transfer to a plate and set aside to rest.



Cook the mushrooms

- Heat a medium frying pan over medium-high heat with a drizzle of **olive oil**. Cook **onion** and **mushroom**, stirring occasionally, until softened, **4-5 minutes**.
- Add **garlic**, **herbs** and the **butter** and cook until fragrant, **1 minute**. Season to taste, then transfer to a large bowl.



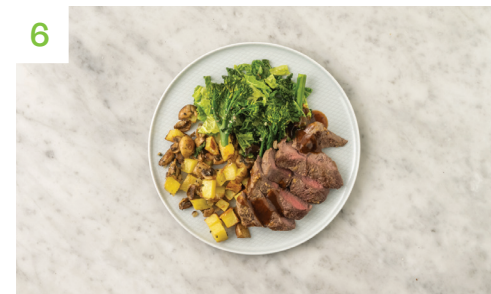
Sauté the greens

- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **baby broccoli**, tossing, until tender, **4-5 minutes**.
- Add **kale** and cook until wilted, **1-2 minutes**. Season.
- Transfer to a plate, cover to keep warm and set aside.



Make the peppercorn sauce

- While the steak is resting, return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **beef-style stock powder**, **peppercorn sauce** and any **steak resting juices**. Stir to combine and simmer until thickened slightly, **1-2 minutes**.



Serve up

- Transfer roasted potatoes to the bowl of mushrooms and toss to combine. Sprinkle over **grated Parmesan cheese**.
- Slice **lemon** into wedges. Slice herbed steak. Sprinkle hazelnuts over sautéed greens.
- Bring everything to the table to serve. Help yourself to steak, Parmesan-mushroom potatoes and nutty greens.
- Serve with peppercorn sauce and lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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