



Fillet Steak & Creamy Bacon-Mushroom Sauce

with Golden Fries & Nutty Greens

SEASONAL SPECIAL

Grab your Meal Kit with this symbol



Potato



Baby Broccoli



Garlic



Parsley



Button Mushrooms



Pine Nuts



Baby Spinach Leaves



Garlic & Herb Seasoning



Cream



Premium Fillet Steak



Diced Bacon

Prep in: 25-35 mins
Ready in: 30-40 mins

Dish up tender premium beef eye fillet with a divine creamy mushroom and bacon sauce, plus crispy wedges and sautéed greens complement the rich flavours . It's hard to beat simple and classic, but it's sure easy to give it a snazzy makeover.

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
baby broccoli	1 bunch	1 bunch
garlic	2 cloves	4 cloves
parsley	1 bag	1 bag
button mushrooms	1 packet	1 packet
premium fillet steak	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
pine nuts	1 packet	2 packets
baby spinach leaves	1 large bag	2 large bags
diced bacon	1 packet	1 packet
butter*	20g	40g
cream	½ bottle (125ml)	1 bottle (250ml)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3950kJ (944Cal)	563kJ (135Cal)
Protein (g)	52.7g	7.5g
Fat, total (g)	63.7g	9.1g
- saturated (g)	30g	4.3g
Carbohydrate (g)	39.2g	5.6g
- sugars (g)	15.2g	2.2g
Sodium (mg)	1019mg	145mg

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?

We recommend pairing this meal with Shiraz or Merlot.

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Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries.
- Place **fries** on a lined oven tray, drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then bake until tender, **20-25 minutes**.



Cook the veggies

- While the steak is roasting, wipe out and return frying pan to medium-high heat. Toast **pine nuts**, tossing, until golden, **3-4 minutes**. Transfer to a plate.
- Return the pan to medium-high heat with a drizzle of **olive oil**. Cook **baby broccoli** until softened, **5-6 minutes**.
- Add **baby spinach leaves** and 1/2 the **garlic** and cook, stirring, until wilted, **1-2 minutes**. Transfer to a medium bowl and cover to keep warm.



Get prepped

- While the fries are baking, halve **baby broccoli** lengthways. Finely chop **garlic** and **parsley** leaves. Thinly slice **button mushrooms**.



Make the sauce

- While the steak is resting, return the frying pan to medium-high heat with a drizzle of **olive oil** if needed. Cook **diced bacon**, stirring occasionally, until browned, **4-5 minutes**. Stir through 1/2 the **parsley**, then transfer to a bowl.
- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook the remaining **garlic** until fragrant, **1 minute**.
- Add **mushrooms** and the **butter** and cook, stirring, until browned, **4-5 minutes**.
- Reduce the heat to medium, then return the **bacon-parsley mixture** to the pan with **cream** (see ingredients) and any **steak resting juices**. Stir until well combined and reduced slightly, **2-3 minutes**. Season to taste.



Cook the steak

- In a large frying pan heat a drizzle of **olive oil** over high heat. Season **premium fillet steak** with **garlic & herb seasoning**, then add to the hot pan. Sear **steak** until browned, **1 minute** on all sides.
- Transfer to a second lined oven tray and roast for **8-10 minutes** for medium or until cooked to your liking. Remove **steak** from the oven and set aside to rest for **10 minutes**.

TIP: The meat will keep cooking as it rests!



Serve up

- Thinly slice fillet steak. Add pine nuts to the bowl with the spinach and baby broccoli. Season with salt and pepper and toss to combine.
- Divide nutty greens, golden fries and steak between plates.
- Spoon creamy bacon and mushroom sauce over steak.
- Garnish with remaining parsley to serve. Enjoy!

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White Chocolate Pots

with Almond Crumble

SEASONAL SPECIAL

Grab your Meal Kit
with this symbol



Cream



White Chocolate
Chips



Flaked Almonds



Prep in: **15 mins**
Ready in: **20 mins**
(plus **6 hours** or overnight to set)

Creamy, dreamy and decadent, round out your night with these heavenly white choc pots. Leave them with enough time to set in the fridge, then top with some nutty crumble for the crunch factor.

Pantry items

Butter, Plain Flour, Brown Sugar

Before you start

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

You will need

Medium saucepan · Electric beaters (or metal whisk) · Four serving glasses · Oven tray lined with baking paper

Ingredients

	4 People
cream	2 bottles (500ml)
white chocolate chips	1 medium packet
butter*	25g
plain flour*	¼ cup
brown sugar*	1 tbs
flaked almonds	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3111kJ (743Cal)	1673kJ (399Cal)
Protein (g)	8.1g	4.4g
Fat, total (g)	63.2g	34g
- saturated (g)	40.2g	21.6g
Carbohydrate (g)	36.1g	19.4g
- sugars (g)	25g	13.4g
Sodium (mg)	89mg	48mg

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Make the chocolate ganache

- Preheat oven to **180°C/160°C fan-forced**.
- In a medium saucepan, heat 1/2 the **cream** over medium heat until just steaming, **1-2 minutes**. Remove from heat.
- Add **white chocolate chips** and leave to sit for **1 minute**, then gently stir until melted and combined. Set aside.

TIP: You want the cream steaming but not boiling!



Make the oat crumb

- Cut the **butter** into small cubes.
- In a medium bowl, add the **plain flour**, **brown sugar** and the **butter**. Using your fingertips, rub the **butter** into the flour and sugar, until resembling fine breadcrumbs. Transfer to a lined oven tray and spread out slightly. Bake until golden, **8-10 minutes**.
- In the last **3 minutes** of cook time, sprinkle **flaked almonds** over crumble on tray and toast. Set aside to cool.
- Transfer cooled **almond crumble** to an airtight container to store overnight.

TIP: Keep the crumb slightly clumped together on the tray, if it's spread too thin it can burn!



Whip the cream

- Using electric beaters, whisk the remaining **cream** in a large bowl or jug until soft peaks form and almost doubled in size, **1-2 minutes**.
- Using a spoon, gently fold the **chocolate ganache** into the **whipped cream** until just combined. Divide evenly between four serving glasses or jars. Refrigerate for **6 hours** or overnight.

TIP: If you don't have an electric beaters, use a hand whisk and whisk for 3-4 minutes!

TIP: Don't worry if the mixture is a little runny, it will set in the fridge!



Serve up

- When the white chocolate pots have set and you are ready to serve, top with almond crumble. Enjoy!

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