



# Premium Beef Fillet Steak & Creamy Mash

with Roasted Veggies & Bacon-Mushroom Sauce

Grab your Meal Kit with this symbol



Baby Rainbow Carrots



Broccolini



Pine Nuts



Potato



Premium Fillet Steak



Garlic



Parsley



Diced Bacon



Button Mushrooms



Pure Cream

 Hands-on: **30-40 mins**  
Ready in: **35-45 mins**

Get ready to sit back and relax because this is paradise on a plate. With tender beef fillet steak, creamy mash and a rich mushroom and bacon sauce, this dish proves that not all gourmet dining experiences need to be had at a fancy restaurant.

### Pantry items

Olive Oil, Butter, Milk



## 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

Medium saucepan with a lid · Two oven trays lined with baking paper · Large frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
baby rainbow carrots	1 bunch	1 bunch
broccolini	1 bunch	2 bunches
pine nuts	1 packet	2 packets
potato	2	4
butter* (for the mash)	30g	60g
milk*	2½ tbs	½ cup
salt*	¼ tsp	½ tsp
premium fillet steak	1 packet	1 packet
garlic	2 cloves	4 cloves
parsley	1 bunch	1 bunch
diced bacon	1 packet	1 packet
button mushrooms	1 packet (150g)	1 packet (400g)
butter* (for the sauce)	20g	40g
pure cream	½ bottle (150ml)	1 bottle (300ml)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	4550kJ (1090Cal)	598kJ (143Cal)
Protein (g)	56.2g	7.4g
Fat, total (g)	75.1g	9.9g
- saturated (g)	39.5g	5.2g
Carbohydrate (g)	45.2g	6.0g
- sugars (g)	12.5g	1.6g
Sodium (g)	991mg	130mg

### 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.

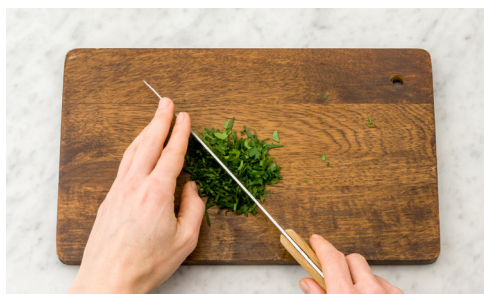
### Fancy a Drop?

We recommend pairing this meal with Shiraz or Merlot



## 1. 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** and scrub them clean. 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. Arrange in a single layer and roast for **20 minutes**. Cut the **broccolini** in half lengthways. After the carrots have been roasting for **20 minutes**, add the **broccolini** and **pine nuts** to the oven tray with the carrots and toss to combine. Return the tray to the oven and roast until the broccolini is tender and the pine nuts are golden, **5-7 minutes**.



## 4. Prep the sauce

Finely chop the **garlic** (or use a garlic press). Finely chop the **parsley** leaves. Return the frying pan to a medium-high heat with a **drizzle of olive oil** if needed. Add the **diced bacon** and cook, stirring occasionally, until browned, **4-5 minutes**. Stir through **1/2** the **parsley**, then transfer to a bowl.

**TIP:** No need to wash the pan before or after cooking the bacon!



## 2. 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 to the saucepan. Add the **butter (for the mash)**, the **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.



## 5. Cook the sauce

Thinly slice the **button mushrooms**. Return the frying pan to a medium-high heat. Add the **garlic** and cook until fragrant, **1 minute**. Add the sliced **mushrooms** and **butter (for the sauce)** to the pan and cook, stirring, until well browned, **4-5 minutes**. Reduce the heat to medium and add the **bacon mixture** to the pan. Add the **pure cream (see ingredients list)** and any **steak resting juices**. Cook, stirring, until well combined and reduced slightly, **5-6 minutes**. Season to taste with **salt and pepper**.



## 3. Cook the beef

While the potato is cooking, heat a **drizzle of olive oil** in a large frying pan over a high heat. Season the **premium fillet steak** all over with **salt and pepper**, then add to the hot pan. Sear the **steak** until browned, **1 minute** on all sides. Transfer to a second oven tray lined with baking paper and roast for **8-10 minutes** for medium or until cooked to your liking. Remove the tray from the oven and set aside to rest for **10 minutes**.

**TIP:** The meat will keep cooking as it rests!



## 6. Serve up

Thickly slice the steak. Divide the creamy mash, roasted veggies and pine nuts and steak between plates. Spoon over the bacon-mushroom sauce and garnish with the remaining parsley.

**Enjoy!**