



Premium Fillet Steak & Hasselback Potatoes

with Argentinian Roast Eggplant & Parsley-Garlic Sauce

Grab your Meal Kit with this symbol



Potato



Aussie Spice Blend



Eggplant



Rustic Herb Spice Blend



Greek Salad Cheese/
Feta Cheese



Premium Fillet
Steak



Green Beans



Roasted Almonds



Rocket Leaves



Parsley-Garlic
Sauce

Hands-on: 20-30 mins
Ready in: 50-60 mins

A juicy tender steak is one thing, but the right condiment takes it to the next level of deliciousness. We've added a bright parsley-sauce and a side of Argentinian-style roasted eggplant to give the classic steak and three veg a flavourful and worldly upgrade.

Pantry items

Olive Oil, Honey, Red Wine Vinegar

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
Aussie spice blend	1 sachet	1 sachet
eggplant	1	2
rustic herb spice blend	1 sachet	1 sachet
honey*	1 tbs	2 tbs
Greek salad cheese/ feta cheese	1 packet (50g)	1 packet (100g)
premium fillet steak	1 packet	1 packet
green beans	1 bag (100g)	1 bag (200g)
roasted almonds	1 packet	2 packets
red wine vinegar*	drizzle	drizzle
rocket leaves	1 bag (30g)	1 bag (60g)
parsley-garlic sauce	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3891kJ (929Cal)	647kJ (154Cal)
Protein (g)	47g	7.8g
Fat, total (g)	61.1g	10.2g
- saturated (g)	13.5g	2.2g
Carbohydrate (g)	47g	7.8g
- sugars (g)	22.7g	3.8g
Sodium (mg)	1186mg	197mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Roast the potatoes

Preheat the oven to **240°C/220°C fan-forced**. Cut each **potato** in half lengthways. Place 1 **potato** half flat-side down on a board between two wooden spoon handles (or chopsticks). Thinly slice the **potato** without cutting all the way through. Place on a lined oven tray, flat-side down and repeat with the remaining **potato**. Sprinkle over the **Aussie spice blend** and drizzle with **olive oil**. Toss gently to coat, spread out evenly, then roast until tender, **30-35 minutes**.



Cook the beans

While the steak is resting, trim the **green beans**. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **green beans** until tender, **3-5 minutes**. Season to taste. Transfer to a medium bowl and allow to cool slightly.



Roast the eggplant

While the potatoes are roasting, thinly slice the **eggplant**. In a large bowl, combine the **rustic herb spice blend**, the **honey** and **olive oil** (1/4 cup for 2 people / 1/2 for 4 people), then season with **salt** and **pepper**. Add the **eggplant** and toss to coat. Transfer the **eggplant** to a second lined oven tray. Spread out evenly, then roast until golden brown and tender, **20-25 minutes**. When the **eggplant** is done, transfer to a serving bowl, then crumble over the **cheese**. Toss to combine.



Make the salad

Roughly chop the **roasted almonds**. Add a drizzle of **red wine vinegar** and **olive oil** to the **green beans** and season. Add the **rocket leaves** and **almonds**. Toss to coat.



Cook the steak

See Top Steak Tips (below) for extra info!

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



Serve up

Slice the steak and spoon over some of the **parsley-garlic sauce**. Bring everything to the table to serve. Help yourself to the steak, hasselback potatoes, green bean salad and Argentinian roasted eggplant. Serve with the remaining parsley-garlic sauce.

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 5 minutes before slicing.