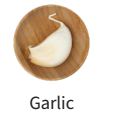




Premium Fillet Steak & Creamy Truffle-Mushroom Sauce with Chive Mash & Roasted Baby Carrots

Grab your Meal Kit
with this symbol



Hands-on: **35-45 mins**
Ready in: **40-50 mins**

Who says that steak and mash can't be gourmet? When you top it with a silky mushroom and truffle-infused sauce, then add creamy mashed potato flecked with chives, this classic combo gets a restaurant-quality vibe. Pour yourself a glass of something special and prepare for a fine dining experience.

Pantry items

Olive Oil, Milk, 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 ·
Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
baby rainbow carrots	1 bunch	2 bunches
potato	2	4
milk*	2½ tbs	½ cup
butter*	40g	80g
salt*	¼ tsp	½ tsp
chives	1 bunch	1 bunch
brown onion	½	1
baby broccoli	1 bunch	2 bunches
button mushrooms	1 packet	1 packet
premium fillet steak	1 packet	1 packet
garlic	1 clove	2 cloves
longlife cream	½ bottle (125ml)	1 bottle (250ml)
truffle oil	½ bottle (12.5ml)	1 bottle (25ml)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3718kJ (889Cal)	500kJ (120Cal)
Protein (g)	44.2g	5.9g
Fat, total (g)	61g	8.2g
- saturated (g)	31.6g	4.3g
Carbohydrate (g)	38.8g	5.2g
- sugars (g)	11.1g	1.5g
Sodium (mg)	467mg	63mg

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 Sangiovese or Pinot Noir

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

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Roast the carrots

Preheat the oven to **220°C/200°C fan-forced**. Trim the green tops from the **baby rainbow carrots** and scrub the **carrots** clean. Place the **carrots** on a lined oven tray and drizzle with **olive oil**. Season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.



Cook the steak

See Top Steak Tips (below) for extra info!

Return the frying pan to a high heat. Drizzle the **premium fillet steak** with **olive oil** and season on both sides. When the oil is hot, add the **steak** to the pan and sear 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 the steak from the oven and set aside to rest for **10 minutes**.

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.



Make the mash

While the carrots are roasting, bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and cut into bite-sized chunks. Cook the **potato** in the boiling water until easily pierced with a knife, **10-15 minutes**. Drain and return the **potato** to the saucepan. Add the **milk**, **butter** and the **salt**, then mash until smooth. Finely chop the **chives**. Stir the **chives** through the mash, then cover to keep warm.



Make the sauce

While the steak is resting, finely chop the **garlic**. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **onion** and sliced **mushrooms** until softened, **2-3 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Reduce the heat to low and stir through the **longlife cream** (see ingredients), any **steak resting juices** and the **truffle oil** (see ingredients). Season with **salt** and cook, stirring, until thickened, **2-3 minutes**.

TIP: Add less truffle oil if you're not a fan of the strong flavour!



Cook the greens

While the potato is cooking, finely chop the **brown onion** (see ingredients). Trim the ends of the **baby broccoli**. Thinly slice the **button mushrooms**. Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Add the **baby broccoli** and a splash of **water**, then season. Cook, tossing, until tender, **5-6 minutes**. Transfer to a plate and cover to keep warm.



Serve up

Slice the premium fillet steak. Divide the steak, chive mash, roasted rainbow carrots and baby broccoli between plates. Spoon the creamy truffle and mushroom sauce over the steak.

Enjoy!