



Premium Fillet Steak & Herby Onion Sauce

with Parmesan Mash & Sautéed Greens

Grab your Meal Kit with this symbol



Potato



Baby Broccoli



Green Beans



Onion



Garlic



Herbs



Premium Fillet Steak



Grated Parmesan Cheese



Chicken-Style Stock Powder

Recipe Update

Our suppliers have been affected by the recent adverse weather conditions and COVID-related labour shortages, which is impacting the availability of some ingredients. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 25-35 mins
Ready in: 35-45 mins

Make a flavour-packed sauce to drizzle over a tender cut of premium fillet steak using onion, herbs and garlic. Then, finish off your gourmet creation with creamy mash and vibrant greens.

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 · Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
baby broccoli	1 bag	2 bags
green beans	1 bag (100g)	1 bag (200g)
onion	½	1
garlic	2 cloves	4 cloves
herbs	1 bag	1 bag
premium fillet steak	1 packet	1 packet
butter* (for the mash)	20g	40g
milk*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
grated Parmesan cheese	1 packet (60g)	2 packets (120g)
water*	½ cup	1 cup
chicken-style stock powder	½ sachet (2.5g)	1 sachet (5g)
butter* (for the sauce)	40g	80g

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3402kJ (813Cal)	534kJ (128Cal)
Protein (g)	52.2g	8.2g
Fat, total (g)	48.8g	7.7g
- saturated (g)	26.6g	4.2g
Carbohydrate (g)	40.1g	6.3g
- sugars (g)	15.8g	2.5g
Sodium (mg)	893mg	140mg

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 Dry Riesling or Grüner Veltliner

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

2022 | CW10



Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Bring a medium saucepan of salted water to the boil. Peel the **potato**, then cut into large chunks. Trim the **baby broccoli** and **green beans**. Thinly slice the **onion** (see ingredients). Finely chop the **garlic** and **herbs**.



Cook the greens

While the potato is cooking, return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **baby broccoli** and **green beans**, tossing, until tender, **4-6 minutes**. Add 1/2 the **garlic** and cook until fragrant, **30 seconds**. Transfer to a plate.



Cook the steak

See Top Steak Tips (below) for extra info!

In a large frying pan, heat a drizzle of **olive oil** 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 lined oven tray 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!



Make the onion sauce

Return the frying pan to a medium heat with a drizzle of **olive oil**. Cook the **onion** until tender, **3-4 minutes**. Add the remaining **garlic** and cook until fragrant, **1 minute**. Add the **water**, any **steak resting juices** and the **chicken-style stock powder** (see ingredients). Bring to the boil, then reduce the heat to medium and simmer for **2 minutes**. Add the **butter (for the sauce)** and whisk to combine. Remove from the heat, then stir through the **herbs**.



Make the Parmesan mash

While the steak is roasting, cook the **potato** in the boiling water until easily pierced with a fork, **10-15 minutes**. Drain and return the **potato** to the saucepan. Add the **butter (for the mash)**, the **milk** and the **salt**, then mash until smooth. Add the **grated Parmesan cheese** and stir through until melted. Cover to keep warm.



Serve up

Slice the premium fillet steak. Divide the Parmesan mash, greens and steak between plates. Spoon the herby onion sauce over the steak to serve.

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.