



Seared Garlic Butter Steak

with Roast Veggie Toss & Creamy Pesto Dressing

Grab your Meal Kit with this symbol



Red Onion



Potato



Carrot



Beetroot



Garlic



Aussie Spice Blend



Beef Eye Round



Baby Spinach Leaves



Creamy Pesto Dressing

Hands-on: 15-25 mins
Ready in: 30-40 mins

Calorie Smart

Simple and sensational – they're the buzzwords for tonight's dinner. A tender cut of beef eye with a creamy pesto dressing, golden roasted veggies and an aromatic garlic butter combine to make a special meal that'll have you buzzing too!

Pantry items

Olive Oil, Butter, White 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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1 (medium)	1 (large)
potato	1	2
carrot	1	2
beetroot	1	2
garlic	1 clove	2 cloves
Aussie spice blend	1 sachet	1 sachet
beef eye round	1 packet	1 packet
butter*	20g	40g
baby spinach leaves	1 bag (60g)	1 bag (120g)
white wine vinegar*	drizzle	drizzle
creamy pesto dressing	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2145kJ (512Cal)	385kJ (92Cal)
Protein (g)	37.3g	6.7g
Fat, total (g)	22.9g	4.1g
- saturated (g)	7.7g	1.4g
Carbohydrate (g)	38.2g	6.9g
- sugars (g)	16.9g	3g
Sodium (mg)	903mg	162mg

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.



Prep the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **red onion, potato** and **carrot** into bite-sized chunks. Cut the **beetroot** into small chunks. Finely chop the **garlic**.



Roast the veggies

Spread the **veggies** over a lined oven tray. Sprinkle with the **Aussie spice blend** and drizzle with **olive oil**. Toss to coat and roast until tender, **20-25 minutes**. Allow to cool slightly.

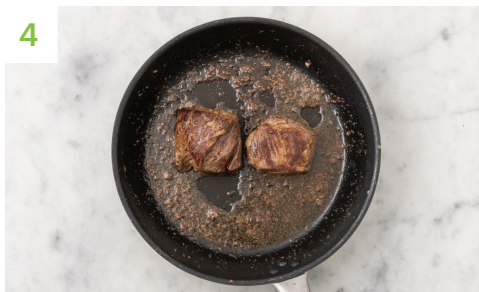
TIP: If your oven tray is crowded, divide between two trays.



Cook the steak

See Top Steak Tips (below) for extra info!

When the veggies have **10 minutes** cook time remaining, heat a large frying pan over a high heat with a drizzle of **olive oil**. Season the **beef eye round** with **salt** and **pepper**. When the oil is hot, cook the **beef** for **2-3 minutes** on each side (depending on thickness), or until cooked to your liking.



Finish the steak

In the last **1-2 minutes** of steak cook time, add the **garlic** and **butter**, then season with **salt** and **pepper**. Cook until melted and fragrant, spooning the melted butter over the steak as it cooks. Transfer to a plate to rest.



Bring it all together

Add the **baby spinach leaves** and a drizzle of **white wine vinegar** to the tray of roasted **veggies**. Toss to combine and season to taste.



Serve up

Slice the seared garlic butter steak. Divide the steak and roast veggie toss between plates. Spoon over any remaining garlic butter. Drizzle with the **creamy pesto dressing**.

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.