



Seared Fillet Steak & Pesto Butter Sauce

with Roast Veggie Salad

Grab your Meal Kit with this symbol



Kumara



Dried Oregano



Brussels Sprouts



Rocket Leaves



Garlic



Eschalot



Lemon



Premium Fillet Steak



Basil Pesto

Hands-on: **20-30 mins**
Ready in: **35-45 mins**

You know you're in for a good night when the only thing standing between you and a quality meal is a matter of minutes! With only the most tender fillet cut, buttery pesto sauce and roasted veggies, you can't go wrong.

Pantry items

Olive Oil, 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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kumara	2 (medium)	2 (large)
dried oregano	1 sachet	1 sachet
Brussels sprouts	1 packet	1 packet
rocket leaves	1 bag (60g)	1 bag (120g)
garlic	2 cloves	4 cloves
eschalot	1	2
lemon	½	1
premium fillet steak	1 packet	1 packet
butter*	10g	20g
basil pesto	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2755kJ (658Cal)	502kJ (120Cal)
Protein (g)	40.6g	7.4g
Fat, total (g)	35.4g	6.4g
- saturated (g)	9.8g	1.8g
Carbohydrate (g)	39.1g	7.1g
- sugars (g)	24.6g	4.5g
Sodium (mg)	233mg	42mg

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 Syrah



Roast the kumara

Preheat the oven to **220°C/200°C fan-forced**. Peel the **kumara** and slice into rounds. Place the **kumara** and **dried oregano** on a lined oven tray. Drizzle generously with **olive oil**, season with **salt** and **pepper** and toss to coat. Add a dash of **water** to the tray and roast until tender, **20-25 minutes**.

TIP: Leave the kumara unpeeled if you prefer!



Roast the Brussels sprouts

While the kumara is roasting, cut the **Brussels sprouts** in half. Place the **Brussels sprouts** on a second lined oven tray. Drizzle with **olive oil**, season and toss to coat. Roast until tender, **20 minutes**. Set aside to cool slightly.



Get prepped

While the veggies are roasting, finely chop the **garlic**. Finely chop the **eschalot**. Slice the **lemon** into wedges.



Cook the steak

See Top Steak Tips (below) for extra info! When the kumara has **10 minutes** cook time remaining, heat a large frying pan over a high heat with a drizzle of **olive oil**. Season the **premium fillet steak** all over. When the pan is hot, sear the **steak** until browned, **1 minute** on all sides. Push the **kumara** to one side of the oven tray, then transfer the **steak** to the 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 the **steak** for **10 minutes**.

TIP: The meat will keep cooking as it rests!



Make the pesto sauce

While the steak is resting, return the pan to a low heat with a drizzle of **olive oil**. Cook the **garlic**, **eschalot** and **butter**, stirring, until softened, **2 minutes**. Remove the pan from the heat, then stir through the **basil pesto** until well combined. Season to taste, then stir through any **steak resting juices**. Set aside. In a medium bowl, add the **Brussels sprouts** and **rocket leaves**. Drizzle with **olive oil**, then add a squeeze of **lemon juice**. Season to taste and toss to coat.



Serve up

Slice the seared fillet steak. Divide the steak, roast veggie salad and roasted kumara between plates. Spoon the pesto butter sauce over the steak. Serve with any remaining lemon wedges.

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.