



Premium Fillet Steak & Onion-Herb Sauce

with Parmesan Mash & Sautéed Greens

Grab your Meal Kit with this symbol



Potato



Baby Broccoli



Green Beans



Onion



Garlic



Herbs



Chicken-Style Stock Powder



Premium Fillet Steak



Grated Parmesan Cheese

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 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, Plain Flour

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)
plain flour*	½ tsp	1 tsp
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)	3407kJ (814Cal)	534kJ (128Cal)
Protein (g)	52.3g	8.2g
Fat, total (g)	48.9g	7.7g
- saturated (g)	26.6g	4.2g
Carbohydrate (g)	40.9g	6.4g
- sugars (g)	15.7g	2.5g
Sodium (mg)	894mg	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 Shiraz or Merlot.

We're here to help!

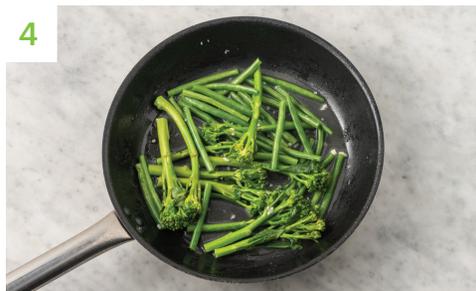
Scan here if you have any questions or concerns

2022 | CW25



Get prepped

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



Cook the greens

- Meanwhile, return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **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.



Sear the steak

- **See Top Steak Tips (below) for extra info!**
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Season **premium fillet steak** all over with **salt** and **pepper**, then add to the hot pan. Sear **steak** until browned, **1 minute** on all sides.
- Transfer to a lined oven tray, then roast for **8-10 minutes** for medium or until cooked to your liking. Remove tray from oven and set aside to rest, **10 minutes**.



Make the sauce

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



Make the Parmesan mash

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



Serve up

- Slice premium fillet steak.
- Divide Parmesan mash, sautéed greens and steak between plates.
- Spoon onion-herb sauce over 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.