



Premium Fillet Steak & Onion-Parsley Sauce

with Parmesan Mash & Sautéed Greens

VALENTINE'S SPECIAL

Grab your Meal Kit with this symbol



Potato



Baby Broccoli



Green Beans



Onion



Garlic



Parsley



Chicken-Style Stock Powder



Premium Fillet Steak



Grated Parmesan Cheese

Prep in: 25-35 mins
Ready in: 35-45 mins

There's no need to bust the bank with a fancy restaurant this Valentine's Day because you have a five star meal ready right here. 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 with a lid · 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
parsley	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 large packet	2 large packets
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 Dry Riesling or Grüner Veltliner.

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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. Halve any thick stalks of **baby broccoli**. Trim **green beans**. Thinly slice **onion** (see ingredients). Finely chop **garlic**. Roughly chop **parsley**.



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 and cover to keep warm.

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.



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 **steak** 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-low and simmer for **2 minutes**.
- Add **butter (for the sauce)** and whisk to combine. Remove from heat, then stir through **parsley**.



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)**, the **milk** and **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-parsley sauce over steak to serve. Enjoy!

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Classic Chocolate Brownies

with White Chocolate Chips

VALENTINE'S SPECIAL

Grab your Meal Kit
with this symbol



Chocolate Brownie
Mix



White Chocolate
Chips



Prep in: **5 mins**
Ready in: **40 mins**

Chocolate on Valentine's Day is a classic, so why not try putting your own twist on it. That's why these brownies get white chocolate chips stirred into the mix. It takes hardly any effort to create a stunning effect on your brownies for a dessert with maximum wow-factor.

Pantry items

Butter, Eggs

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

20cm square baking tin lined with baking paper

Ingredients

	8-10 Serves
butter*	150g
eggs*	3
chocolate brownie mix	1 packet
white chocolate chips	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1917kJ (458Cal)	1861kJ (444Cal)
Protein (g)	6.4g	6.2g
Fat, total (g)	25.5g	24.8g
- saturated (g)	15.6g	15.1g
Carbohydrate (g)	50.6g	49.1g
- sugars (g)	43.5g	42.2g
Sodium (mg)	147mg	143mg

The quantities provided above are averages only.

*Nutritional information is based on 9 servings.

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Preheat the oven

- Preheat oven to **180°C/160°C fan-forced**. Grease and line the baking tin with baking paper.



Melt the butter

- Melt the **butter** in the microwave or in a saucepan.



Combine the ingredients

- Crack the **eggs** into a large mixing bowl.
- Add **chocolate brownie mix**, **white chocolate chips**, melted **butter** and a pinch of **salt**. Stir together with a wooden spoon until well combined.



Transfer the batter

- Transfer the **brownie batter** to the prepared baking tin and spread evenly using the back of a spoon.



Bake the brownie

- Bake until just firm to the touch but still a little soft in the middle, **25-28 minutes**. Allow to cool completely in the baking tin.

TIP: To check if the brownies are done, stick a toothpick or skewer in the centre. It should come out with crumbs clinging. If you like your brownies more cakey and less fudgy, bake for an extra 5 minutes. The brownies will firm up more once they've cooled.



Serve up

- When the brownies have cooled, slice into squares and place on a serving plate. Enjoy!

TIP: Refrigerate any leftover brownies in an airtight container!

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