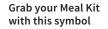


# Premium Fillet Steak & Onion-Parsley Sauce

with Parmesan Mash & Sautéed Greens

VALENTINE'S SPECIAL















Green Beans







Premium Fillet

Steak

Chicken-Style Stock Powder

**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  $\cdot$  Large frying pan  $\cdot$  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	1/2	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	1/4 cup
salt*	1/4 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	1/2 sachet (2.5g)	1 sachet (5g)
butter* (for the sauce)	40g	80g

<sup>\*</sup>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.



Scan here if you have any questions or concerns

2023 | CW07



# 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.



## 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 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.



## 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.



## 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.



## Serve up

- · Slice premium fillet steak.
- Divide Parmesan mash, sautéed greens and steak between plates.
- Spoon onion-parsley sauce over steak to serve.
   Enjoy!



- 1. Use paper towel to pat steak dry before seasoning.
- 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.



Did we make your tastebuds happy?
Let our culinary team know: hellofresh.co.nz/rate

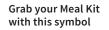




# Classic Chocolate Brownies

with White Chocolate Chips

VALENTINE'S SPECIAL









hocolate Brownie
Mix

White Chocolate



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

<sup>\*</sup>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.

## **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.



## 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 fudgey, 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!





<sup>\*</sup>Nutritional information is based on 9 servings.