



Seared Fillet Steak & Pesto Butter Sauce

with Roasted Veggies & Salad

Grab your Meal Kit with this symbol



Potato



Courgette



Dried Oregano



Garlic



Onion



Premium Fillet Steak



Basil Pesto



Salad Leaves



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!

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

Calorie Smart

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, 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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
courgette	1	2
dried oregano	1 sachet	1 sachet
garlic	2 cloves	4 cloves
onion	1 (medium)	1 (large)
premium fillet steak	1 packet	1 packet
butter*	10g	20g
basil pesto	1 packet (50g)	1 packet (100g)
white wine vinegar*	drizzle	drizzle
salad leaves	1 medium bag	1 large bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2703kJ (646Cal)	440kJ (105Cal)
Protein (g)	41.2g	6.7g
Fat, total (g)	35.2g	5.7g
- saturated (g)	9.7g	1.6g
Carbohydrate (g)	40.4g	6.6g
- sugars (g)	14.9g	2.4g
Sodium (mg)	212mg	35mg

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



Roast the veggies

Preheat oven to **220°C/200°C fan-forced**. Cut **potato** into bite-sized chunks. Slice **courgette** into thick rounds. Place **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **dried oregano**, then season with **salt**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.

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



Get prepped

While the veggies are roasting, finely chop **garlic** and **onion**.



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 high heat with a drizzle of **olive oil**. Season **premium fillet steak** with **salt** and **pepper**. When pan is hot, sear **steak** until browned, **1 minute** on all sides. Transfer **steak** to a second lined oven tray and roast for **8-10 minutes** for medium or until cooked to your liking. Remove tray from oven and set aside to rest **steak** for **10 minutes**.



Make the pesto sauce

While the steak is resting, return the pan to low heat with a drizzle of **olive oil**. Cook **onion** until softened, **3-4 minutes**. Add **garlic** and the **butter** and cook until fragrant, **1 minute**. Remove pan from the heat, then stir through **basil pesto**. Season to taste, then stir through any **steak resting juices**. Set aside.



Dress the salad

In a medium bowl, add a drizzle of **white wine vinegar** and **olive oil**. Add **salad leaves**, season to taste and toss to coat.



Serve up

Slice seared fillet steak. Divide steak, roasted veggies and salad between plates. Spoon pesto butter 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.