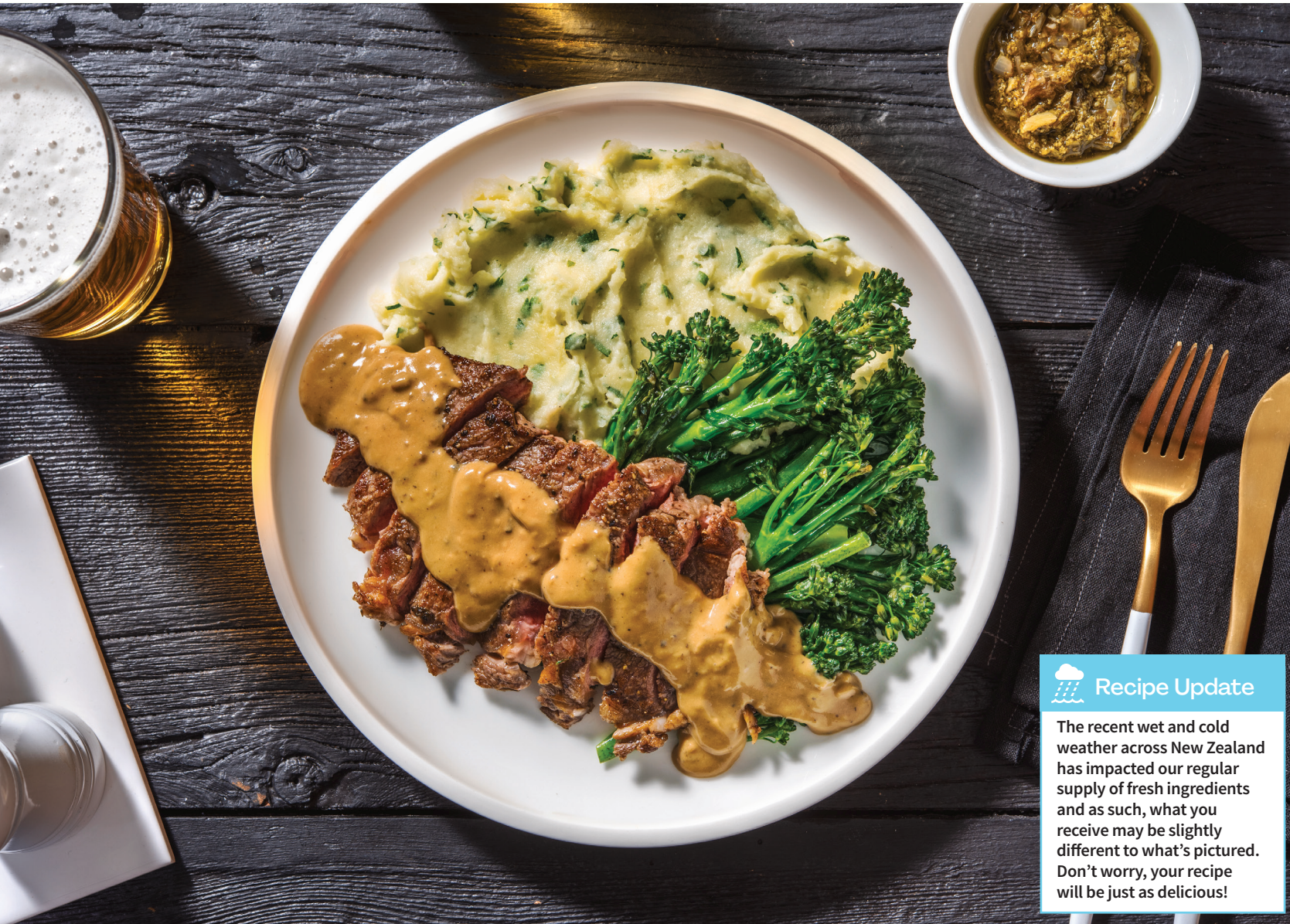




# Seared Steak & Creamy Peppercorn Sauce

with Potato Mash & Baby Broccoli

Grab your Meal Kit with this symbol



Potato



Herbs



Baby Broccoli



Garlic



Black Peppercorns



Cream



Beef-Style Stock Powder



Premium Eye Fillet

## Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and 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: 25-35 mins

Nothing can beat the juiciness of a good steak, cooked just the way you like. We think we can make it even better by adding a zap of taste with a peppercorn sauce combined with cream and a buttered mash potato, because you really can't have steak without a bit of mash on the side.

### Pantry items

Olive Oil, Butter, Milk



## 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

Large saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
herbs	1 bag	1 bag
<b>butter*</b>	40g	80g
<b>milk*</b>	2 tbs	¼ cup
baby broccoli	1 bag	2 bags
garlic	2 cloves	4 cloves
black peppercorns	½ sachet	1 sachet
premium eye fillet	1 packet	1 packet
cream	½ bottle (125ml)	1 bottle (250ml)
beef-style stock powder	½ sachet (2.5g)	1 sachet (5g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3455kJ (826Cal)	610kJ (146Cal)
Protein (g)	47.7g	8.4g
Fat, total (g)	53.6g	9.5g
- saturated (g)	30.1g	5.3g
Carbohydrate (g)	38.6g	6.8g
- sugars (g)	15.8g	2.8g
Sodium (mg)	597mg	105mg

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## 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.

## We're here to help!

Scan here if you have any questions or concerns

2022 | CW29



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## Make the herby mash

- Boil the kettle.
- Peel **potato** and cut into large chunks. Roughly chop **herbs**.
- Half-fill a large saucepan with boiling water.
- Cook **potato** in the boiling water over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return **potato** to the pan.
- Add the **butter**, **milk** and **herbs** to **potato**, then season generously with **salt**. Mash until smooth. Cover to keep warm.

**TIP:** Save time and get more fibre by leaving the potato unpeeled.

3



## Cook the steak & sauce

**See Top Steak Tips (left) for extra info!**

- Place your hand flat on top of **beef eye fillet** and slice through horizontally to make two thin steaks.
- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **beef** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded). Transfer to a plate and set aside to rest.
- Meanwhile, return the pan to medium heat with a drizzle of **olive oil**. Cook crushed **peppercorns** and remaining **garlic** until fragrant, **30 seconds**.
- Add a dash of **water** and scrape up any bits stuck to the bottom of pan.
- Add **cream** (see ingredients) and **beef-style stock powder** (see ingredients) and cook until thickened, **1-2 minutes**. Stir through any **steak resting juices**.

2



## Get prepped

- Meanwhile, trim **baby broccoli** and slice in half lengthways. Finely chop **garlic**.
- Lightly crush **black peppercorns** (see ingredients) in a pestle and mortar or in their sachet using a rolling pin.
- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **baby broccoli** with a dash of **water**, tossing, until just tender, **4-5 minutes**.
- Add 1/2 the **garlic** and cook until fragrant, **1 minute**. Season with **salt** and **pepper**. Transfer to a bowl and cover to keep warm.

4



## Serve up

- Slice seared steak.
- Divide herby mash, baby broccoli and steak between plates.
- Pour over creamy peppercorn sauce to serve. Enjoy!

## Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)