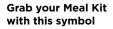


# **Premium Fillet Steak & Tarragon Sauce**

with Parmesan Mash & Pan-Seared Garlic Greens

















Tarragon

Parmesan Cheese





Premium Fillet Steak

**Chicken Stock** 



Hands-on: 25-35 mins Ready in: 35-45 mins

**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

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	3	6
broccolini	1 bunch	2 bunches
eschalot	1	2
garlic	2 cloves	4 cloves
tarragon	½ bunch	1 bunch
Parmesan cheese	2 packets	1 block
	(60g)	(100g)
premium fillet steak	1 packet	1 packet
butter* (for the mash)	20g	40g
milk*	2½ tbs	⅓ cup
salt*	¼ tsp	½ tsp
water*	½ cup	1 cup
chicken stock	½ sachet	1 sachet
butter* (for the sauce)	40g	80g

<sup>\*</sup>Pantry Items

#### **Nutrition**

	Per Serving	Per 100g
Energy (kJ)	3290kJ (785Cal)	<b>575kJ</b> (137Cal)
Protein (g)	57.5g	10.0g
Fat, total (g)	42.1g	7.4g
- saturated (g)	24.6g	4.3g
Carbohydrate (g)	44.0g	7.7g
- sugars (g)	8.2g	1.4g
Sodium (mg)	715mg	125mg

#### **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 Sangiovese or Syrah



# 1. Prep the veggies

Preheat the oven to 220°C/200°C fan-forced. Bring a medium saucepan of salted water to the boil. Peel the potato and cut into 2cm chunks. Trim the broccolini and halve lengthways. Finely chop the eschalot. Finely chop the garlic (or use a garlic press). Pick and finely chop the tarragon leaves (see ingredients list). Grate the Parmesan cheese (if needed).

**TIP:** Tarragon has a mild aniseed flavour, use less if you're not a fan!



## 2. Cook the steak

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

**TIP:** The meat will keep cooking as it rests!



## 3. Make the Parmesan mash

While the steak is roasting, add the **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain and return to the pan. Add the **butter (for the mash)**, **milk** and the **salt**. Mash with a potato masher or fork until smooth. Add the **grated Parmesan cheese** and stir through until melted. Cover to keep warm.



# 4. Cook the broccolini

While the potato is cooking, return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **broccolini** and cook until softened, **5-6 minutes**. Add **1/2** the **garlic** and cook until fragrant, **30 seconds**. Transfer to a plate and cover to keep warm.



# 5. Make the sauce

Return the frying pan to a medium heat with a drizzle of olive oil. Add the eschalot and remaining garlic and cook until fragrant,
1-2 minutes. Add the water, any steak resting juices and chicken stock (1/2 sachet for 2 people / 1 sachet for 4 people). Bring to the boil, then reduce the heat to medium and simmer for 2 minutes. Add the butter (for the sauce) and whisk to combine. Remove from the heat and stir in the tarragon.



# 6. Serve up

Thinly slice the steak. Divide the Parmesan mash and garlic greens between plates. Top with the premium fillet steak and spoon over the tarragon sauce.

**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 10 minutes before slicing.

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