



Premium Fillet Steak & Tarragon Sauce

with Parmesan Mash & Pan-Seared Garlic Greens

Grab your Meal Kit with this symbol



Potato



Broccolini



Eschalot



Garlic



Tarragon



Parmesan Cheese



Premium Fillet Steak



Chicken Stock

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

Make a flavour-packed sauce to drizzle over a tender cut of premium fillet steak using eschalot – a sweeter and more delicate type of onion – plus tarragon and garlic. Then, finish off your gourmet creation with creamy mash and vibrant greens.

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 (60g)	1 block (100g)
premium fillet steak	1 packet	1 packet
butter* (for the mash)	20g	40g
milk*	2½ tbs	½ cup
salt*	¼ tsp	½ tsp
water*	½ cup	1 cup
chicken stock	½ sachet	1 sachet
butter* (for the sauce)	40g	80g

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3290kJ (785Cal)	575kJ (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](https://www.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!



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.



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!



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**.



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.



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.