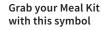


Eye Fillet Steak & Mushroom Sauce with Creamy Mash & Green Beans

GOURMET PLUS

CUSTOMER FAVOURITE









Premium Beef Eye Fillet







Light Cooking Cream





Brown Onion





Chives

Sliced Mushrooms





Onion Chutney

Chicken Stock





Flaked Almonds

Garlic Aioli

Prep in: 25-35 mins Ready in: 35-45 mins **Pantry items** Olive Oil, Butter

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Oven tray lined with baking paper · Medium saucepan with a lid

Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
premium beef eye fillet	1 small packet	2 small packets OR 1 large packet
potato	2	4
butter*	40g	80g
light cooking cream	1 medium packet	1 large packet
green beans	1 medium packet	2 medium packets
brown onion	1	2
garlic	1 clove	2 cloves
chives	1 bag	1 bag
sliced mushrooms	1 medium packet	1 large packet
onion chutney	1 packet (40g)	2 packets (80g)
chicken stock pot	½ packet (10g)	1 packet (20g)
water*	1/4 cup	½ cup
flaked almonds	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet

*Pantry Items Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3441kJ (822Cal)	450kJ (107Cal)
Protein (g)	43.4g	5.7g
Fat, total (g)	52.4g	6.9g
- saturated (g)	22.7g	3g
Carbohydrate (g)	43.7g	5.7g
- sugars (g)	23.1g	3g
Sodium (mg)	769mg	101mg
Dietary Fibre (g)	5.6g	1.4g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help! Scan here if you have any questions or concerns



Cook the beef

- See 'Top Steak Tips!' (below). Preheat oven to 240°C/220°C fan-forced. Season premium beef eye fillet with salt and pepper.
- In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook eye fillet until browned, 1-2 minutes each side.
- Transfer eye fillet to a lined oven tray. Roast for 10-16 minutes (2 person portion) or 16-22 minutes (4 person portion), or until cooked to your liking.
- · Set aside to rest for 10 minutes.

TIP: Cook time will vary depending on the eye fillet's thickness. The thinner the steak, the less time it needs to cook!



Make the mash

- While the eye fillet is roasting, bring a medium saucepan of salted water to the boil. Peel potato and cut into large chunks.
- Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**.
- Drain potato, then return to the pan. Add the butter, some light cooking cream (2 tbs for 2 people / ¼ cup for 4 people) and a generous pinch of salt. Mash until smooth. Cover to keep warm.



Get prepped

- While the potato is cooking, trim green beans.
- Thinly slice brown onion.
- Finely chop garlic.
- Roughly chop chives. Set aside.



Cook the green beans

- Return frying pan to medium-high heat with a drizzle of olive oil. Cook green beans, tossing, until tender, 4-5 minutes.
- Add garlic and cook, tossing, until fragrant,
 1 minute.
- Transfer to a bowl. Season to taste, then cover to keep warm.



Make the sauce

- Return frying pan to medium-high heat with a drizzle of olive oil. Cook onion and sliced mushrooms, tossing, until softened,
 6-8 minutes.
- Add onion chutney, chicken stock pot (see ingredients), the water and remaining cooking cream. Stir to combine, then simmer until slightly reduced, 2-3 minutes.
- Remove from heat. Stir through any steak resting juices.



Serve up

- · Slice eye fillet steak.
- Divide steak, creamy mash and green beans between plates. Pour mushroom sauce over the steak.
- · Garnish with chives and flaked almonds.
- Serve with garlic aioli. Enjoy!



- 1. Use paper towel to pat steak dry before seasoning.
- 2. To check if steak is done press 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.



We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate