



Thyme-Glazed Beef Eye Fillet

with Fetta Roasted Root Veggies & Mustard Pea Pods

GOURMET PLUS

CUSTOMER FAVOURITE

Grab your Meal Kit with this symbol



Pumpkin



Beetroot



Pea Pods



Lemon



Premium Beef Eye Fillet



Wholegrain Mustard



Thyme



Sweet & Savory Glaze

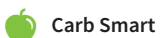


Fetta Cubes



Flaked Almonds

Prep in: 20-30 mins
Ready in: 30-40 mins



It's easy to create a fine dining experience from the comfort of your home when you have everything you need for it in your meal kit - starting with a premium beef eye fillet, which stands up wonderfully to the sweet and savoury glaze.

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pumpkin	1 medium	1 large
beetroot	1	2
pea pods	1 small bag	1 medium bag
lemon	½	1
premium beef eye fillet	1 small packet	1 large packet
wholegrain mustard	½ packet	1 packet
thyme	1 bag	1 bag
sweet & savoury glaze	1 medium packet	1 large packet
butter*	20g	40g
fetta cubes	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2256kJ (539Cal)	337kJ (81Cal)
Protein (g)	44.4g	6.6g
Fat, total (g)	21.7g	3.2g
- saturated (g)	10.2g	1.5g
Carbohydrate (g)	39.1g	5.8g
- sugars (g)	31.5g	4.7g
Sodium (mg)	761mg	114mg
Dietary Fibre (g)	14.1g	2.1g

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.

Fancy a drop?

We recommend pairing this meal with Cabernet Sauvignon or Pinot Noir

1



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **pumpkin** and **beetroot** into thin wedges.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil** and season with **salt**. Toss to coat.
- Roast until tender, **25-30 minutes**.

TIP: Pumpkin skin becomes tender after roasting and adds fibre, but you can remove it if you prefer.

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

2



Get prepped

- Meanwhile, trim **pea pods**.
- Slice **lemon** into wedges.
- Place your hand flat on top of **premium beef eye fillet** and slice through horizontally to make two thin steaks. Season with **salt** and **pepper**.

3

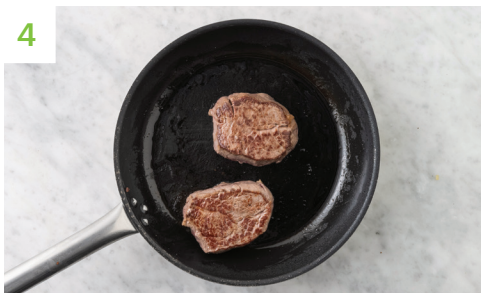


Cook the pea pods

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **pea pods**, tossing, until tender, **2-3 minutes**.
- Remove pan from heat. Add **wholegrain mustard** (see ingredients) and a squeeze of **lemon juice**. Season with **salt** and **pepper**. Toss to combine.
- Transfer to a plate and cover to keep warm.

TIP: Add a dash of water to the pan to help speed up the cooking process!

4



Cook the beef

- See '**Top Steak Tips!**' (below). Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **beef eye fillet**, until cooked through, **2-4 minutes** each side (depending on thickness).
- Transfer to a plate to rest.

TIP: If your pan is getting crowded, cook the beef in batches for best results!

5



Make the thyme glaze

- Pick **thyme** leaves.
- Return frying pan to medium heat. Cook **sweet & savoury glaze**, **thyme**, a splash of **water**, the **butter**, a squeeze of **lemon juice** and any **beef resting juices**, stirring to combine. Simmer until slightly reduced, **1-2 minutes**.
- Season to taste, then remove pan from heat.

6



Serve up

- Slice beef eye fillet.
- Divide fillet, roast veggies and mustard pea pods between plates.
- Crumble **fetta cubes** over roast veggies. Pour thyme glaze over beef. Top with **flaked almonds**.
- Serve with any remaining lemon wedges. 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.

We're here to help!

Scan here if you have any questions or concerns



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