



# Lemon Pepper Beef & Sticky Rosemary Sauce

with Parmesan Potatoes & Garlic Veggies

GOURMET PLUS

CUSTOMER FAVOURITE

Grab your Meal Kit with this symbol



Potato



Parmesan Cheese



Green Beans



Carrot



Garlic



Rosemary



Premium Beef Eye Fillet



Lemon Pepper Seasoning

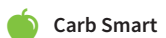


Sweet & Savoury Glaze



Chicken-Style Stock Powder

Prep in: 25-35 mins  
Ready in: 30-40 mins



The trick to making your sides as good as the main event? Just give them a little TLC! With a few classic flavours, the green beans, carrot and Parmesan crushed potatoes more than hold their own with succulent lemon pepper beef.

### Pantry items

Olive Oil

## 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
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
Parmesan cheese	1 medium packet	1 large packet
green beans	1 small bag	1 medium bag
carrot	1	2
garlic	2 cloves	4 cloves
rosemary	2 sticks	4 sticks
premium beef eye fillet	1 small packet	1 large packet
lemon pepper seasoning	1 medium sachet	2 medium sachets
sweet & savoury glaze	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
<b>water*</b>	¼ cup	½ cup

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1731kJ (414Cal)	341kJ (82Cal)
Protein (g)	41.4g	8.2g
Fat, total (g)	9.6g	1.9g
- saturated (g)	4.9g	1g
Carbohydrate (g)	37.2g	7.3g
- sugars (g)	15.8g	3.1g
Sodium (mg)	1222mg	241mg
Dietary Fibre (g)	8.3g	1.6g

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](https://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 Bordeaux or Pinot Noir

## We're here to help!

Scan here if you have any questions or concerns



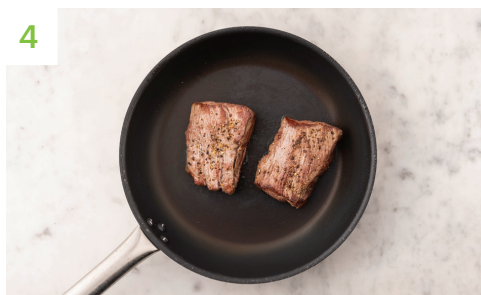
1



## Roast the potatoes

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks.
- Place **potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until just tender, **18-20 minutes**.
- Lightly crush semi-roasted **potatoes** on the tray.
- Sprinkle with **Parmesan cheese**. Return to oven to roast until golden, **8-10 minutes**.

4



## Cook the beef eye fillet

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **beef** until cooked through, **3-6 minutes** each side (depending on thickness). Transfer to a plate to rest.

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

### 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.

2



## Get prepped

- Meanwhile, trim **green beans**. Thinly slice **carrot** into sticks. Finely chop **garlic**. Pick and finely chop **rosemary**.
- **See Top Steak Tips (below)!** Place your hand flat on top of **premium beef eye fillet** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **lemon pepper seasoning** and a drizzle of **olive oil**. Season with **salt**. Add **beef eye fillet**, turn to coat.

**TIP:** Run your fingers down the rosemary stalk to remove the leaves easily.

5



## Make the sauce

- Wipe out frying pan and return to medium heat with a drizzle of **olive oil**.
- Cook **rosemary** until fragrant, **1 minute**.
- Stir in **sweet & savoury glaze**, **chicken-style stock powder**, the **water** and any **beef resting juices**, until combined. Simmer until slightly reduced, **1-2 minutes**.
- Season to taste.

3



## Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **green beans** and **carrot**, tossing, until tender, **4-5 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**. Transfer to a bowl, season and cover to keep warm.

6



## Serve up

- Divide lemon pepper beef, Parmesan potatoes and garlic veggies between plates.
- Pour sticky rosemary sauce over beef to serve. Enjoy!

## Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)