



# Thyme-Glazed Beef Eye Fillet

with Fetta Roasted Root Veggies & Mustard Pea Pods

GOURMET PLUS

Grab your Meal Kit with this symbol



Pumpkin



Beetroot



Pea Pods



Lemon



Premium Beef Eye Fillet



Wholegrain Mustard



Thyme



Sweet & Savory Glaze

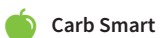


Fetta Cubes



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
<b>olive oil*</b>	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	2 small packets OR 1 large packet
wholegrain mustard	½ packet	1 packet
thyme	1 bag	1 bag
sweet & savoury glaze	1 medium packet	1 large packet
<b>butter*</b>	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](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 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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Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)