



# Premium Beef Eye Fillet & Truffle Mayo

with Potato Mash, Green Bean Salad & Parmesan Crisps

GOURMET PLUS

Grab your Meal Kit with this symbol



Potato



Parmesan Cheese



Green Beans



Premium Beef Eye Fillet



Thyme



Garlic & Herb Seasoning



Rocket Leaves



Italian Truffle Mayonnaise

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

Carb Smart

For you fancy folk, this premium beef eye fillet dish will become your new go-to favourite. Our simple, yet creative Parmesan crisps will become the talk of the town and paired with a velvety potato mash and leafy salad, all that you could ever want is sitting right in front of you.

### Pantry items

Olive Oil, Butter, Vinegar (White Wine or Balsamic)

## 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 saucepan with a lid · 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
<b>butter*</b>	20g	40g
Parmesan cheese	1 medium packet	1 large packet
green beans	1 small packet	1 medium packet
premium beef eye fillet	1 medium packet	1 large packet
thyme	1 packet	1 packet
garlic & herb seasoning	1 medium sachet	1 large sachet
rocket leaves	1 small packet	1 medium packet
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
Italian truffle mayonnaise	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2433kJ (582Cal)	516kJ (123Cal)
Protein (g)	42.2g	9g
Fat, total (g)	32.7g	6.9g
- saturated (g)	11.6g	2.5g
Carbohydrate (g)	29g	6.2g
- sugars (g)	6.4g	1.4g
Sodium (mg)	747mg	159mg
Dietary Fibre (g)	10.6g	2.3g

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 Tempranillo.

## We're here to help!

Scan here if you have any questions or concerns



## Make the mash

- Preheat oven to **220°C/200°C fan-forced**. Boil the kettle.
- Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**. Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water over high heat until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add the **butter** to potato and season with **salt**. Mash until smooth. Cover to keep warm.

**TIP:** Save time and get more fibre by leaving the potato unpeeled.



## Cook the beef eye fillet

- **See 'Top Steak Tips!' (below)**. Meanwhile, place your hand flat on top of **premium beef eye fillet** and slice through horizontally to make two thin steaks.
- Pick **thyme** leaves. In a medium bowl, combine **garlic & herb seasoning**, **thyme** and a drizzle of **olive oil**. Add **beef**, then turn to coat.
- 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.

### 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.



## Bake the parmesan crisps

- Meanwhile, place **Parmesan cheese** in even circles (1 per person) on a lined oven tray.
- Bake until cheese is golden and crisp at edges, **6-8 minutes** (watch it doesn't burn!).

**TIP:** The Parmesan crisps will become crisp as they cool.



## Bring it all together

- Add **rocket leaves** and a drizzle of **vinegar** and **olive oil** to the bowl with green beans. Toss to combine. Season.



## Cook the green beans

- Meanwhile, trim **green beans**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **green beans**, tossing, until tender, **4-5 minutes**.
- Transfer to a large bowl and set aside to cool slightly.



## Serve up

- Slice beef.
- Divide beef eye fillet, potato mash and green bean salad between plates.
- Crumble Parmesan crisps over salad.
- Serve with **Italian truffle mayonnaise**. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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