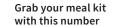


# Lemon Pepper Beef & Sticky Rosemary Sauce

with Parmesan Potatoes & Garlic Veggies

GOURMET PLUS









Potato

Parmesan Chees



Carrot

Green Beans

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Carlia

Rosemary



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Premium Beef Eye Fillet



Sweet & Savoury Glaze



Seasoning

Chicken-Style Stock Powder





# Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
potato	2	4
Parmesan cheese	1 medium packet	1 large packet
green beans	1 small packet	1 medium packet
carrot	1	2
garlic	2 cloves	4 cloves
rosemary	2 sticks	4 sticks
premium beef eye fillet	1 medium packet	1 large packet
lemon pepper seasoning	1 sachet	2 sachets
sweet & savoury glaze	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
water*	1/4 cup	½ cup

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1738kJ (415Cal)	341kJ (82Cal)
Protein (g)	41.5g	8.1g
Fat, total (g)	9.7g	1.9g
- saturated (g)	5g	1g
Carbohydrate (g)	37.3g	7.3g
- sugars (g)	16g	3.1g
Sodium (mg)	1222mg	240mg
Dietary Fibre (g)	8.7g	1.7g

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 Bordeaux or Pinot Noir



# 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.



# 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.



# 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.



# 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!



# 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.



# Serve up

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



- 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.



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate



Scan here if you have any questions or concerns