



# Premium Beef Eye Fillet & Truffle Mayo

with Potato Mash, Green Bean Salad & Parmesan Crisps

GOURMET PLUS

Grab your meal kit  
with this number

28



Potato



Parmesan Cheese



Green Beans



Premium Beef  
Eye Fillet



Garlic & Herb  
Seasoning



Thyme



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 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

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   |
| garlic & herb seasoning                     | 1 medium sachet | 1 large sachet   |
| thyme                                       | 1 packet        | 1 packet         |
| rocket leaves                               | 1 medium packet | 2 medium packets |
| <b>vinegar*</b><br>(white wine or balsamic) | drizzle         | drizzle          |
| italian truffle mayonnaise                  | 1 packet        | 2 packets        |

\*Pantry Items

## Nutrition

| Avq 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) | 7.3g            | 1.5g           |

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

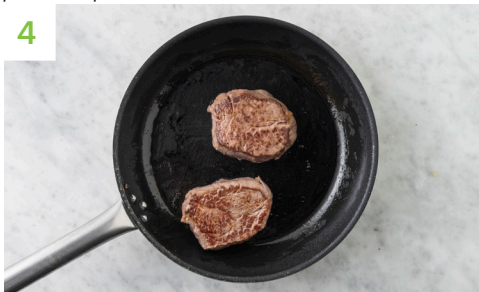
2024 | CW29



## 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.
- 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 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 premium 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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