



# Porterhouse Steak & Parmesan Roast Pumpkin

with Balsamic Zucchini Salad

STEAK NIGHT

Grab your meal kit with this number

34



Zucchini



Pumpkin



Savoury Seasoning



Parmesan Cheese



Garlic



Thyme



Porterhouse Steak



Spinach, Rocket & Fennel Mix



Balsamic Vinaigrette Dressing

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

Carb Smart

Enjoy an elevated meat and three veg on your table tonight thanks to our mouth-watering combo of tender porterhouse steak, cheesy pumpkin chunks and a zingy, green-packed salad.

### Pantry items

Olive Oil, Butter

## 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

Two oven trays lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
zucchini	1	2
pumpkin	1 medium	1 large
savoury seasoning	1 sachet	2 sachets
Parmesan cheese	1 large packet	2 large packets
garlic	2 cloves	4 cloves
thyme	1 packet	1 packet
porterhouse steak	1 medium packet	2 medium packets OR 1 large packet
<b>butter*</b>	20g	40g
spinach, rocket & fennel mix	1 medium packet	2 medium packets
balsamic vinaigrette dressing	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2782kJ (665Cal)	434kJ (104Cal)
Protein (g)	53.1g	8.3g
Fat, total (g)	38.3g	6g
- saturated (g)	16.8g	2.6g
Carbohydrate (g)	26.9g	4.2g
- sugars (g)	18.7g	2.9g
Sodium (mg)	911mg	142mg
Dietary Fibre (g)	9.5g	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.

## 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 10 minutes before slicing.



## Roast the zucchini

- Preheat oven to **240°C/220°C fan-forced**.
- Slice **zucchini** into rounds.
- Place **zucchini** on a lined oven tray. Season with **salt** and **pepper**, drizzle with **olive oil** and toss to coat.
- Roast until tender, **20-25 minutes**. Allow to cool slightly.



## Cook the beef

- **See 'Top Steak Tips!' (bottom left)**. When the pumpkin has **15 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- When the oil is hot, cook **porterhouse steak** for **4-5 minutes** each side for medium, or until cooked to your liking. Using tongs, hold **steak** upright and sear fat until golden, **1 minute**.
- Add the **butter**, **garlic**, and **thyme** leaves to the pan, and cook until fragrant, turning **steak** to coat, **1 minute**.
- Remove **steak** and any remaining **butter sauce** from pan, cover and rest for **10 minutes**. Season with **salt**.



## Roast the pumpkin

- While the zucchini is roasting, cut **pumpkin** into bite-sized chunks.
- Place **pumpkin** on a second lined oven tray. Sprinkle with **savoury seasoning**, drizzle with **olive oil** and toss to coat.
- Roast until tender, **20-25 minutes**.
- In the last **5 minutes** of cook time, remove **pumpkin** from oven, sprinkle with **Parmesan cheese** and bake until golden and crisp.

**TIP:** Peel the pumpkin if you prefer and scrape out the seeds, if necessary!



## Toss the salad

- Once the zucchini has cooled slightly, in a large bowl, combine **zucchini**, **spinach**, **rocket & fennel mix**, and **balsamic vinaigrette dressing**. Season to taste.



## Get prepped

- Meanwhile, thinly slice **garlic**.
- Pick **thyme** leaves.



## Serve up

- Thinly slice steak.
- Divide Parmesan roast pumpkin, balsamic zucchini salad and porterhouse steak between plates.
- Spoon any remaining butter sauce over the steak to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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