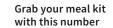


Beef Eye Fillet & Sticky Rosemary Sauce with Parmesan Potatoes & Garlic Veggies

CHRISTMAS IN JULY









Potato

Parmesan Cheese



Green Beans









Rosemary



Premium Beef



Lemon Pepper

Seasoning

Eye Fillet





Sweet & Savoury Glaze

Prep in: 25-35 mins Ready in: 30-40 mins



Calorie Reduced

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 |
| Dutch carrots | 1 bunch | 2 bunches |
| 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 |
| water* | 1/4 cup | ½ cup |
| *Pantry Items | | |

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|---------------|
| Energy (kJ) | 1762kJ (421Cal) | 333kJ (80Cal) |
| Protein (g) | 41.6g | 7.9g |
| Fat, total (g) | 9.7g | 1.8g |
| - saturated (g) | 5g | 0.9g |
| Carbohydrate (g) | 38.6g | 7.3g |
| - sugars (g) | 17.2g | 3.2g |
| Sodium (mg) | 1232mg | 233mg |
| Dietary Fibre (g) | 9.4g | 1.8g |
| | | |

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.



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.

TIP: Lightly crushing the potatoes will result in crispy edges!



Get prepped

- Meanwhile, trim **green beans**. Trim green tops from **Dutch carrots** and scrub them clean. 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 Dutch carrots, 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, the water and any beef resting juices, until combined. Simmer until slightly reduced, **1-2 minutes**. Season to taste.



Serve up

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



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