

Beef Eye Fillet & Sticky Rosemary Sauce

with Parmesan Potatoes & Garlic Veggies

CHRISTMAS IN JULY

Grab your meal kit
with this number

28



Potato



Parmesan Cheese



Green Beans



Dutch Carrots



Garlic



Rosemary



Premium Beef
Eye Fillet




Lemon Pepper
Seasoning



Sweet & Savoury
Glaze

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

 Calorie Reduced

The trick to making your sides as good as the main event? Just give them a little TLC! With a few classic flavours, the green beans, carrot and Parmesan crushed potatoes more than hold their own with succulent lemon pepper beef.

Pantry items

Olive Oil

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*	¼ 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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW30



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