HELLO FRESH

Premium Beef Eye Fillet & Truffle Mayo
with Potato Mash, Green Bean Salad & Parmesan Crisps

GOURMET PLUS

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

Protein Rich

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
olive oil *	refer to method	refer to method
potato	2	4
butter *	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	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
thyme	1 packet	1 packet
rocket leaves	1 small packet	2 small packets
vinegar * *(white wine or balsamic)*	drizzle	drizzle
italian truffle mayonnaise	1 packet	2 packets

***Pantry Items*

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2480kJ (593cal)	327kJ (78cal)
Protein (g)	42.2g	5.6g
Fat, total (g)	34g	4.5g
- saturated (g)	12.2g	1.6g
Carbohydrate (g)	29g	3.8g
- sugars (g)	6.4g	0.8g
Sodium (mg)	748mg	98.6mg
Dietary Fibre (g)	7.3g	1g

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 Pinot Noir or Cabernet Sauvignon

1

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.*

2

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.*

3

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.

4

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.

5

Bring it all together

- To the bowl with green beans, add **rocket leaves** and a drizzle of **vinegar** and **olive oil**. Toss to combine. Season with **salt** and **pepper**.

6

Serve up

- Slice beef.
- Divide beef eye fillet, potato mash and green bean salad between plates.
- Crumble Parmesan crisps over salad.
- Serve with **Italian truffle mayonnaise**. Enjoy!

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