

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

Grab your meal kit with this number



GOURMET PLUS



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

Carb Smart

Protein Rich

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 \cdot 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	2 medium packets OR 1 large packet
lemon pepper seasoning	1 sachet	2 sachets
sweet & savoury glaze	1 medium packet	1 large packet
salt*	1⁄4 tsp	½ tsp
water*	¼ cup	½ cup
*Pantry Items		

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1809kJ (432cal)	207kJ (49cal)
Protein (g)	41.6g	4.8g
Fat, total (g)	11g	1.3g
- saturated (g)	5.7g	0.7g
Carbohydrate (g)	38.6g	4.4g
- sugars (g)	17.2g	2g
Sodium (mg)	1233mg	141.1mg
Dietary Fibre (g)	9.4g	1.1g

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 Dry Riesling or Grüner Veltliner.

We're here to help! Scan here if you have any questions or concerns 2024 | CW38



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 and roast until golden, 8-10 minutes.

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



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.

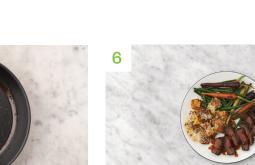
TIP: *If your pan is getting crowded, cook in batches for best results!*



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

over medium-high heat.

until tender, 4-5 minutes.

and cover to keep warm.

• In a large frying pan, heat a drizzle of **olive oil**

· Cook green beans and Dutch carrots, tossing,

• Add garlic and cook until fragrant, 1 minute.

Transfer to a bowl, season with **salt** and **pepper**

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 salt, 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 eye fillet, 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.

Rate your recipe

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