



Porterhouse Steak & Cheesy 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
Mix



Balsamic Vinaigrette
Dressing

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

Protein Rich

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
olive oil*	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
butter*	20g	40g
spinach & rocket 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)	2794kJ (668cal)	219kJ (52cal)
Protein (g)	50.7g	4g
Fat, total (g)	40.1g	3.1g
- saturated (g)	18.1g	1.4g
Carbohydrate (g)	25.2g	2g
- sugars (g)	18.2g	1.4g
Sodium (mg)	865mg	67.8mg
Dietary Fibre (g)	8.8g	0.7g

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.

Top Steak Tips!

1. Remove steak from packaging and set aside at room temperature 15 minutes before cooking.
2. Use paper towel to pat steak dry before seasoning.
3. Check if steak is done by pressing on it gently with tongs: rare steak is soft, medium is springy and well-done is firm.
4. Let steak rest on a plate for 5 minutes before slicing.

Fancy a drop?

We recommend pairing this meal with Shiraz or Malbec.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW45



Roast the zucchini

- See **'Top Steak Tips!'** (below left). 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

- 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** 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 **5 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 mix**, and **balsamic vinaigrette dressing**. Season to taste.



Get prepped

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



Serve up

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

Rate your recipe

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