



Beef Eye Fillet & Sticky Rosemary Sauce

with Parmesan Potatoes & Garlic Veggies

GOURMET PLUS

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



Chicken Stock Pot

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

Protein Rich

Carb Smart

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	1 stick	2 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
chicken stock pot	1 small packet	1 medium packet
water*	¼ cup	½ cup

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1761kJ (420Cal)	334kJ (79Cal)
Protein (g)	40.8g	7.7g
Fat, total (g)	10g	1.9g
- saturated (g)	5.3g	1g
Carbohydrate (g)	38.3g	7.3g
- sugars (g)	17.1g	3.2g
Sodium (mg)	1195mg	227mg
Dietary Fibre (g)	9.1g	1.7g

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.

Fancy a drop?

We recommend pairing this meal with Shiraz or Cabernet Sauvignon.

We're here to help!

Scan here if you have any questions or concerns

2025 | CW01



1



Roast the potatoes

- See '**Top Roast Tips!**' (below). 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!

4



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!

Top Roast Tips!

1. Remove steak from packaging and set aside at room temperature 15 minutes before cooking.
2. Use paper towel to pat dry before seasoning.
3. Check if meat is done by pressing on it gently with tongs - rare is soft, medium is springy and well-one is firm.
4. Let steak rest on a plate for 10 minutes before slicing.

2



Get prepped

- Meanwhile, trim **green beans**. Trim green tops from **Dutch carrots** and scrub them clean. Finely chop **garlic**. Pick and finely chop **rosemary**.
- 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.

5



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, chicken stock pot, the water** and any **beef resting juices**, until combined.
- Simmer until slightly reduced, **1-2 minutes**. Season to taste.

3



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.

6



Finish & serve

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

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