

Premium Beef Eye Fillet & Truffle Mayo

with Potato Mash, Green Bean Salad & Parmesan Crisps

GOURMET PLUS

Grab your meal kit with this number

28



Potato



Thyme



Garlic & Herb Seasoning



Premium Beef Eye Fillet



Parmesan Cheese



Green Beans




Spinach & Rocket Mix



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 · Large frying pan · Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	20g	40g
thyme	½ packet	1 packet
garlic & herb seasoning	1 medium sachet	1 large sachet
premium beef eye fillet	1 medium packet	2 medium packets OR 1 large packet
Parmesan cheese	1 medium packet	1 large packet
green beans	1 small packet	1 medium packet
spinach & rocket mix	½ medium packet	1 medium packet
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)	2439kJ (583cal)	520kJ (111cal)
Protein (g)	43g	9.2g
Fat, total (g)	32.6g	7g
- saturated (g)	11.6g	2.5g
Carbohydrate (g)	29.6g	6.3g
- sugars (g)	5.6g	1.2g
Sodium (mg)	725mg	154.6mg
Dietary Fibre (g)	6.1g	1.3g

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.

We're here to help!

Scan here if you have any questions or concerns

2025 | CW04



Make the mash

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



Cook the green beans

- Meanwhile, trim **green beans**.
- Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **green beans**, tossing, until tender, **4-5 minutes**.
- Transfer to a large bowl and set aside to cool slightly.

Top Roast Tips!

1. Remove roast 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-done is firm.
4. Let roast rest on a plate for 10 minutes before slicing.



Cook the beef eye fillet

- Pick **thyme leaves** (see ingredients).
- In a medium bowl, combine **garlic & herb seasoning**, **thyme** and a drizzle of **olive oil**.
- Add **premium beef eye fillet**, then turn to coat.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **eye fillet** until browned, **1 minute** each side.
- Transfer **beef** to a lined oven tray and roast for **10-15 minutes** (2 person portion) or **15-20 minutes** (4 person portion) for medium, or until cooked to your liking. Transfer to a plate, cover and rest for **10 minutes**.

TIP: Cook time will vary depending on the thickness of the eye fillet. The thinner the steak, the less time it needs to cook!



Bring it all together

- To the bowl with green beans, add **spinach & rocket mix** (see ingredients) and a drizzle of **vinegar** and **olive oil**. Toss to combine. Season with **salt** and **pepper**.



Bake the Parmesan crisps

- Meanwhile, place **Parmesan cheese** in even circles (1 per person) on a second 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.



Finish & serve

- Slice beef.
- Divide premium 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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