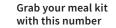


Premium Beef Eye Fillet & Truffle Mayo with Potato Mash, Green Bean Salad & Parmesan Crisps

GOURMET PLUS











Thyme





Garlic & Herb Seasoning

Premium Beef Eye Fillet





Parmesan Cheese

Green Beans





Spinach & Rocket

Italian Truffle Mayonnaise

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

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.



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 \cdot Large frying pan \cdot 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.





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 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!



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.



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.



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.



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!

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.

Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate

We're here to help!