

# Beef Eye Fillet & Peppercorn Sauce

with Dauphinoise Potatoes & Cherry Tomato Salad

Grab your Meal Kit with this symbol



Potato



Garlic



Chicken-Style Stock Powder



Cherry/Snacking Tomatoes



Lemon



Salad Leaves



Flaked Almonds



Black Peppercorns



Premium Beef Eye Fillet



Grated Parmesan Cheese



Light Cooking Cream



## Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

Prep in: **20-30 mins**  
Ready in: **40-50 mins**

 Naturally Gluten-Free  
*Not suitable for coeliacs*

Get gourmet with some help from the premium beef eye fillet in your meal kit, which you'll sear to tender perfection while the decadent dauphinoise potatoes do their thing in the oven. Add the finishing touches with a drizzle of boldly flavoured peppercorn sauce, and, to balance out the richness, a rocket and lemon zest-laced cherry tomato salad.

### Pantry items

Olive Oil



## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan · Medium baking dish · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
garlic	4 cloves	8 cloves
light cooking cream	1 large packet	2 large packets
chicken-style stock powder	1 medium sachet	1 large sachet
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
lemon	½	1
salad leaves	1 small bag	1 medium bag
black peppercorns	1 medium sachet	1 large sachet
premium beef eye fillet	1 small packet	1 large packet
cherry/snacking tomatoes	1 punnet	2 punnets
flaked almonds	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2886kJ (690Cal)	442kJ (106Cal)
Protein (g)	46.5g	7.1g
Fat, total (g)	37.2g	5.7g
- saturated (g)	19g	2.9g
Carbohydrate (g)	38.7g	5.9g
- sugars (g)	11.4g	1.7g
Sodium (mg)	1229mg	188mg

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](https://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. 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.

1



## Start the dauphinoise potatoes

- Preheat oven to **220°C/200°C fan-forced**. Bring a medium saucepan of salted water to the boil. Cut **potato** into 0.5cm-thick rounds. Finely chop **garlic**.
- Cook **potato** in the boiling water until just tender, **4-6 minutes**. Drain, then set aside.
- In a small bowl, combine 1/2 the **light cooking cream**, 1/2 the **garlic**, the **chicken-style stock powder** and a pinch of **salt and pepper**.
- In a medium baking dish, arrange **potato** slices so they sit flat. Pour over **cream mixture**, then gently shake dish to coat potato. Sprinkle with **grated Parmesan cheese**. Season with **pepper**.

4



## Make cherry tomato salad

- Meanwhile, cut **cherry tomatoes** in half.
- To the bowl with the **salad leaves**, add **tomatoes**, a drizzle of **olive oil** and a generous squeeze of **lemon juice**. Toss to combine. Season to taste.

2



## Bake the potatoes & get prepped

- Cover baking dish with foil. Bake on middle shelf until potato is softened, **15 minutes**. Remove foil, then bake until golden and centre is easily pierced with a fork, a further **10 minutes**.
- Meanwhile, zest **lemon** to get a generous pinch, then slice into wedges. Place **salad leaves** in a medium bowl, then set aside.
- Crush **black peppercorns** with a pestle and mortar, or in the sachet using a rolling pin.
- Place your hand flat on top of **beef eye fillet** and slice through horizontally to make two thin steaks. Season with **salt and pepper**.

5



## Make the peppercorn sauce

- Return frying pan to medium heat.
- Cook crushed **peppercorns** and remaining **garlic** until fragrant, **30 seconds**.
- Add beef **resting juices**, a splash of **water**, remaining **cooking cream** and a pinch of **salt**, stirring to combine. Simmer until slightly reduced, **1-2 minutes**. Season to taste.

3



## Cook the eye fillet

- See '**Top Steak Tips!**' (*bottom left*). When the potatoes have **15 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **beef** until cooked through, **3-6 minutes** each side (depending on thickness).
- Transfer **beef** to a plate. Cover to keep warm. Set aside to rest (it will keep cooking while it rests!).

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

6



## Serve up

- Slice beef eye fillet.
- Divide beef, dauphinoise potatoes and cherry tomato salad between plates.
- Drizzle peppercorn sauce over beef. Sprinkle **flaked almonds** over salad.
- Serve with any remaining lemon wedges. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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