



Beef Eye Fillet & Black Garlic Mayo

with Sweet Potato Mash, Green Bean Salad & Parmesan Crisps

GOURMET PLUS

Grab your Meal Kit with this symbol



Sweet Potato



Shaved Parmesan Cheese



Green Beans



Premium Beef Eye Fillet



Garlic & Herb Seasoning



Rocket Leaves



Black Garlic



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 sweet 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 your hands and any fresh food.

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 with a lid · Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
butter*	20g	40g
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
green beans	1 small bag	1 medium bag
premium beef eye fillet	1 small packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
rocket leaves	1 small bag	1 medium bag
vinegar* (white wine or balsamic)	drizzle	drizzle
black garlic	1 packet	2 packets
mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2496kJ (597Cal)	536kJ (128Cal)
Protein (g)	41g	8.8g
Fat, total (g)	33g	7.1g
- saturated (g)	11.6g	2.5g
Carbohydrate (g)	34.5g	7.4g
- sugars (g)	13.9g	3g
Sodium (mg)	753mg	162mg
Dietary Fibre (g)	9.1g	1.9g

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 Cabernet Sauvignon or Grenache

We're here to help!

Scan here if you have any questions or concerns



1 Make the mash

- 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 **sweet potato** and cut into bite-sized chunks.
- Cook **sweet potato** in the boiling water until easily pierced with a fork, **10-15 minutes**. Drain and return to the pan.
- Add the **butter** to **sweet potato** and season generously with **salt**. Mash until smooth. Cover to keep warm.



4 Cook the beef eye fillet

- Meanwhile, place your hand flat on top of **premium beef eye fillet** and slice through horizontally to make two thin steaks.
- **See 'Top Steak Tips'! (below)**. In a medium bowl, combine **garlic & herb seasoning** and a drizzle of **olive oil**. Add **beef**, then turn to coat.
- 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.

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.



2 Bake the parmesan crisps

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



5 Bring it all together

- To the bowl with green beans, add **rocket leaves** and a drizzle of the **vinegar** and **olive oil**. Toss to combine. Season.
- Peel **black garlic**. In a small bowl, mash **black garlic** with a fork until smooth, then stir in **mayonnaise**.



3 Cook the green beans

- Meanwhile, trim **green beans**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **green beans**, stirring, until tender, **4-5 minutes**. Transfer to a large bowl and set aside to cool slightly.



6 Serve up

- Slice beef.
- Divide beef eye fillet, sweet potato mash and green bean salad between plates.
- Crumble Parmesan crisps over salad.
- Serve with black garlic mayo. Enjoy!

Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate