



Eye Fillet Steak & Peppercorn Sauce

with Creamy Mash & Baby Broccoli

Grab your Meal Kit with this symbol



Premium Beef Eye Fillet



Potato



Light Cooking Cream



Baby Broccoli



Brown Onion



Parsley



Garlic



Black Peppercorns



Caramelised Onion Chutney



Beef Stock Pot



Flaked Almonds



Horseradish Sauce

Prep in: 30-40 mins
Ready in: 35-45 mins



Naturally Gluten-Free
Not suitable for coeliacs

Eat Me Early

Get gourmet tonight with some help from a premium beef eye fillet, cooked to perfection and served with all the trimmings - including a decadent peppercorn sauce you'll want to pour over everything!

Pantry items

Olive Oil, Butter

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

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
premium beef eye fillet	1 small packet	1 large packet
potato	2	4
butter*	40g	80g
light cooking cream	1 medium packet	1 large packet
baby broccoli	1 bunch	2 bunches
brown onion	1	2
parsley	1 bag	1 bag
garlic	1 clove	2 cloves
black peppercorns	½ sachet (2g)	1 sachet (4g)
caramelised onion chutney	1 packet (40g)	2 packets (80g)
beef stock pot	½ packet (10g)	1 packet (20g)
water*	¼ cup	½ cup
flaked almonds	1 medium packet	1 large packet
horseradish sauce	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3549kJ (848Cal)	465kJ (111Cal)
Protein (g)	43.6g	5.7g
Fat, total (g)	52.9g	6.9g
- saturated (g)	22.9g	3g
Carbohydrate (g)	47g	6.2g
- sugars (g)	22g	2.9g
Sodium (mg)	770mg	101mg

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.



Cook the beef

See '**Top Steak Tips!**' (bottom left). Preheat oven to **240°C/220°C fan-forced**. Season **premium beef eye fillet** with **salt** and **pepper**. In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **eye fillet** until browned, **1-2 minutes** each side. Transfer to a lined oven tray and roast for **10-16 minutes** (2 person portion) or **16-22 minutes** (4 person portion), or until cooked to your liking. Set aside to 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!



Cook the baby broccoli

Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **baby broccoli**, tossing, until tender, **4-5 minutes**. Add **garlic** and cook until fragrant, **1 minute**. Transfer to a bowl. Season to taste, then cover to keep warm.



Make the mash

While the steak is roasting, bring a medium saucepan of salted water to the boil. Peel **potato** and cut into large chunks. Cook in boiling water until easily pierced with a knife, **12-15 minutes**. Drain and return to the pan. Add the **butter**, some **light cooking cream** (2 tbs for 2 people / 1/4 cup for 4 people) and a generous pinch of **salt**. Mash until smooth. Cover to keep warm.



Make the sauce

Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **onion** until softened, **3-4 minutes**. Add crushed **peppercorns** and cook until fragrant, **30 seconds**. Add **caramelised onion chutney**, **beef stock pot** (see ingredients), the **water** and remaining **cooking cream**. Stir to combine, then simmer until slightly reduced, **2-3 minutes**. Remove from heat. Stir through any steak **resting juices**.



Get prepped

While the potato is cooking, trim **baby broccoli**. Thinly slice **brown onion**. Roughly chop **parsley**. Finely chop **garlic**. Crush **black peppercorns** (see ingredients) with a pestle and mortar, or in their sachet using a rolling pin.



Serve up

Slice eye fillet steak. Divide the steak, creamy mash and baby broccoli between plates. Spoon over the peppercorn sauce. Garnish with chives and **flaked almonds**. Serve with **horseradish sauce**.

Enjoy!

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.