



Eye Fillet Steak & Mushroom Sauce

with Creamy Mash & Green Beans

Grab your Meal Kit with this symbol



Potato



Green Beans



Brown Onion



Garlic



Parsley



Flaked Almonds



Light Cooking Cream



Premium Beef Eye Fillet



Sliced Mushrooms



Caramelised Onion Chutney



Beef Stock Pot



Horseradish Sauce

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

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 mushroom 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 packet	1 packet
potato	2	4
butter*	40g	80g
light cooking cream	1 medium packet	1 large packet
green beans	1 medium bag	1 large bag
brown onion	1	2
garlic	1 clove	2 cloves
parsley	1 bag	1 bag
sliced mushrooms	1 medium packet	1 large packet
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)	3545kJ (847Cal)	464kJ (111Cal)
Protein (g)	43.5g	5.7g
Fat, total (g)	53g	6.9g
- saturated (g)	22.9g	3g
Carbohydrate (g)	47.4g	6.2g
- sugars (g)	21.4g	2.8g
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.

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 10 minutes before slicing.

We're here to help!

Scan here if you have any questions or concerns



2022 | CW40



Cook the beef

1. **See 'Top Steak Tips!' (bottom left).** Preheat oven to **240°C/220°C fan-forced**. Season **premium beef eye fillet** with **salt** and **pepper**.
2. 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.
3. Transfer **eye fillet** to a lined oven tray. Roast for **10-16 minutes** (2 person portion) or **16-22 minutes** (4 person portion), or until cooked to your liking.
4. Set aside to rest for **10 minutes**.

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



Cook the green beans

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



Make the mash

1. While the eye fillet is roasting, bring a medium saucepan of salted water to the boil. Peel **potato** and cut into large chunks.
2. Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**.
3. Drain **potato**, then 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

1. Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **onion** and **sliced mushrooms**, tossing, until softened, **6-8 minutes**.
2. 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**.
3. Remove from heat. Stir through any **steak** resting juices.



Get prepped

1. While the potato is cooking, trim **green beans**.
2. Thinly slice **brown onion**.
3. Finely chop **garlic**.
4. Roughly chop **parsley**. Set aside.



Serve up

1. Slice eye fillet steak.
2. Divide steak, creamy mash and green beans between plates. Pour mushroom sauce over the steak.
3. Garnish with parsley and **flaked almonds**.
4. Serve with **horseradish sauce**. Enjoy!

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