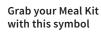


Glazed Beef Eye Fillet & Garlic Greens with Pesto-Fetta Roast Potato & Walnuts







Pantry items Olive Oil

Prep in: 25-35 mins Ready in: 35-45 mins Naturally Gluten-Free */ Not suitable for coeliacs

Make the most of a premium eye fillet by prepping it with some extra TLC, and serving with the kind of sides it deserves: garlic-infused baby broccoli and silverbeet, plus roast potato chunks tossed with our bold basil pesto and creamy, perfectly salty fetta. Finish the beef with a gorgeous glaze and a sprinkle of walnuts for added texture and a nutty depth of flavour.



Premium Beef Eye Fillet

Baby Broccol

Garlio

Walnuts

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

Two oven trays lined with baking paper \cdot Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
basil pesto	1 medium packet	1 large packet
fetta cubes	1 medium packet	1 large packet
premium beef	1 small	1 large
eye fillet	packet	packet
baby broccoli	1 bunch	2 bunches
silverbeet	1 medium bag	1 large bag
garlic	1 clove	2 cloves
sticky meat glaze	1 medium packet	1 large packet
walnuts	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2803kJ (670Cal)	481kJ (115Cal)
Protein (g)	47.9g	8.2g
Fat, total (g)	34.1g	5.8g
- saturated (g)	8g	1.4g
Carbohydrate (g)	37.6g	6.4g
- sugars (g)	12.3g	2.1g
Sodium (mg)	888mg	152mg

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 5 minutes before slicing.

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Roast the potato

- Preheat oven to 240°C/220°C fan-forced.
- Cut **potato** into bite-sized chunks. Place on a lined oven tray. Drizzle with **olive oil**, season with **pepper** and toss to coat.
- Roast until tender, **20-25 minutes**. Allow to cool slightly.
- Add **basil pesto** and **fetta cubes** to **potato** tray. Toss to combine. Season to taste.

TIP: If your oven tray is crowded, divide the veggies between two trays.



Sear the beef

- See 'Top Steak Tips!' (bottom left). While the potato is roasting, pat premium beef eye fillet dry with paper towel.
- Drizzle **beef** with **olive oil**, then generously season all over with **salt** and **pepper**.
- In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef until browned, 1-2 minutes each side.



Roast the beef

- Transfer beef to a second lined oven tray. Roast for 10-16 minutes (for a 2-person portion) or 16-22 minutes (for a 4-person portion), or until cooked to your liking.
- Set aside to rest for 10 minutes.

TIP: These cook times are for a medium steak and will vary depending on the thickness of the eye fillet. The thinner the steak, the less time it needs to cook!



Cook the garlic greens

- While the beef is resting, trim baby broccoli, then cut into halves lengthwise. Roughly chop silverbeet. Finely chop garlic.
- Wipe out frying pan, then return to medium-high heat with a drizzle of olive oil. Cook baby broccoli, tossing, until tender, 5-6 minutes.
- Add **silverbeet** and **garlic** and cook until softened and fragrant, **1 minute**.
- Transfer **greens** to a bowl. Cover to keep warm.

TIP: Add a dash of water to help speed up the cooking process.



Cook the glaze

- Return frying pan to medium heat.
- Cook sticky meat glaze with a splash of water and any beef resting juices, stirring, until glaze is smooth and slightly thickened, 1-2 minutes.
- Season to taste.



Serve up

- Slice beef eye fillet. Divide beef, garlic greens and pesto-fetta roast potato between plates.
- Drizzle glaze over beef. Top with **walnuts** to serve. Enjoy!

Rate your recipe

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