

Glazed Beef Eye Fillet & Garlic Greens

with Pesto-Fetta Roast Potato & Walnuts

Grab your Meal Kit with this symbol



Potato



Baby Broccoli



Silverbeet



Garlic



Walnuts



Basil Pesto



Fetta Cubes




Premium Beef Eye Fillet



Sticky Meat Glaze

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: **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.

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

Two oven trays lined with baking paper · 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 eye fillet	1 small packet	1 large 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.



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.



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.



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.



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.



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!



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!

We're here to help!

Scan here if you have any questions or concerns

2022 | CW25



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