



# Oregano-Glazed Beef Eye Fillet

with Fetta Roasted Root Veggies & Mustard Pea Pods

Grab your Meal Kit with this symbol



## SYD+MEL VERSION



Butternut Pumpkin



Beetroot



Pea Pods



Lemon



Dried Oregano



Flaked Almonds



Premium Beef Eye Fillet



Wholegrain Mustard



Sticky Meat Glaze



Fetta Cubes

Prep in: 20-30 mins  
Ready in: 30-40 mins

Naturally Gluten-Free  
*Not suitable for coeliacs*

Calorie Smart

It's easy to create a fine dining experience from the comfort of your home when you have everything you need it for it in your meal kit - starting with a premium beef eye fillet, which stands up wonderfully to the sweet and savoury glaze.

### 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

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
butternut pumpkin	1 medium	1 large
beetroot	1	2
pea pods	1 small bag	1 medium bag
lemon	½	1
premium beef eye fillet	1 small packet	1 large packet
wholegrain mustard	½ packet	1 packet
sticky meat glaze	1 medium packet	1 large packet
dried oregano	1 medium sachet	2 medium sachets
<b>butter*</b>	20g	40g
fetta cubes	1 small packet	1 medium packet
flaked almonds	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2279kJ (544Cal)	340kJ (81Cal)
Protein (g)	44.3g	6.6g
Fat, total (g)	22g	3.3g
- saturated (g)	10.3g	1.5g
Carbohydrate (g)	39g	5.8g
- sugars (g)	31.5g	4.7g
Sodium (mg)	760mg	113mg

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](https://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 Pinot Noir

## We're here to help!

Scan here if you have any questions or concerns

2022 | CW37



## Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **butternut pumpkin** and **beetroot** into thin wedges.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil** and season with **salt**. Toss to coat.
- Roast until tender, **25-30 minutes**.

**TIP:** Pumpkin skin becomes tender after roasting and adds fibre, but you can remove it if you prefer.

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



## Cook the beef

- See '**Top Steak Tips!**' (below). Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **beef** until cooked through, **2-4 minutes** each side (depending on thickness).
- Transfer to a plate to rest.

**TIP:** If your pan is getting crowded, cook the beef in batches for best results!

### 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.



## Get prepped

- Meanwhile, trim **pea pods**. Slice **lemon** into wedges.
- Place your hand flat on top of **beef eye fillet** and slice through horizontally to make two thin steaks. Season with **salt** and **pepper**.



## Make the oregano glaze

- Return frying pan to medium heat. Cook **sticky meat glaze**, **dried oregano**, a splash of **water**, the **butter**, a squeeze of **lemon juice** and any **beef resting juices**, stirring to combine. Simmer until slightly reduced, **1-2 minutes**.
- Season to taste, then remove pan from heat.



## Cook the pea pods

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **pea pods** until tender, **2-3 minutes**.
- Remove pan from heat. Add **wholegrain mustard** (see ingredients) and a squeeze of **lemon juice**. Season with **salt** and **pepper**. Toss to combine.
- Transfer to a plate and cover to keep warm.

**TIP:** Add a dash of water to the pan to help speed up the cooking process!



## Serve up

- Slice beef eye fillet.
- Divide fillet, roast veggies and mustard pea pods between plates.
- Crumble **fetta cubes** over roast veggies. Pour oregano glaze over beef. Top with **flaked almonds**.
- Serve with any remaining lemon wedges. Enjoy!

## Rate your recipe

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