



Peppercorn Beef Eye Fillet

with Cherry Glaze & Baby Carrots



Potato



Rosemary



Black Peppercorns



Premium Beef Eye Fillet



Baby Carrots



Baby Broccoli




Garlic



Cherry Glaze



Flaked Almonds

 Hands-on: **25-35 mins**
 Ready in: **40-50 mins**
 Naturally Gluten-Free
Not suitable for coeliacs

 Calorie Smart

Give tender premium beef eye fillet the love it deserves with a punchy peppercorn coating and luxe cherry glaze. Pair it with some special sides and perhaps a glass of your favourite red and you're in for a treat!

Pantry items
 Olive Oil, Butter, Honey, Balsamic Vinegar

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
rosemary	2 sticks	4 sticks
butter*	40g	80g
black peppercorns	1 sachet	2 sachets
premium beef eye fillet	1 small packet	1 large packet
baby carrots	1 bag	2 bags
honey*	1 tsp	2 tsp
balsamic vinegar*	drizzle	drizzle
baby broccoli	1 bunch	2 bunches
garlic	2 cloves	4 cloves
cherry glaze	1 medium packet	1 large packet
water*	¼ cup	½ cup
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2490kJ (595Cal)	425kJ (101Cal)
Protein (g)	40.6g	6.9g
Fat, total (g)	24.5g	4.2g
- saturated (g)	12.7g	2.2g
Carbohydrate (g)	48.5g	8.3g
- sugars (g)	20.5g	3.5g
Sodium (mg)	210mg	36mg

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.

Fancy a drop?

We recommend pairing this meal with Cabernet Sauvignon or Shiraz

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Roast the potatoes

Preheat the oven to **240°C/220°C**. Cut the **potato** into bite-sized chunks and place on a lined oven tray. Pick and finely chop the **rosemary**. Melt the **butter** in a small bowl in the microwave. Drizzle the melted **butter** over the **potatoes**, then sprinkle with **rosemary**, season with **salt** and toss to coat. Roast until almost tender, **15 minutes**.



Cook the eye fillet

See '**Top Steak Tips**' (**bottom left**)! While the potato is roasting, crush the **black peppercorns** in a pestle and mortar, or in their sachet using a rolling pin. Spread over a plate and combine with a generous pinch of **salt**. Pat the **premium eye fillet** dry with paper towel. Drizzle with **olive oil**, then press each side firmly into the crushed **peppercorns**. In a large frying pan, heat a drizzle of **olive oil** over a high heat. Once hot, cook the **eye fillet** until browned, **1-2 minutes** each side. Transfer to the tray with the almost tender **potato**. Return to the oven and roast, **12-16 minutes**. Set aside to rest for **10 minutes**.

TIP: Cook time will vary depending on the thickness of the eye fillet.



Roast the baby carrots

While the eye fillet and potato are roasting, trim the green tops from the **baby carrots** and scrub them clean. Place on a second lined oven tray. Top with the **honey** and a drizzle of **olive oil** and **balsamic vinegar**. Season with **salt**, then toss to coat. Roast until golden and tender, **15-20 minutes**.



Cook the baby broccoli

While the eye fillet is resting, trim the **baby broccoli**. Finely chop the **garlic**. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **baby broccoli**, tossing, until tender, **5-6 minutes**. Add the **garlic** and cook until fragrant, **1-2 minutes**. Transfer to a bowl. Cover to keep warm.

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



Finish the cherry glaze

Return the frying pan to a medium heat with a drizzle of **olive oil**. Add the **cherry glaze**, the **water**, a drizzle of **balsamic vinegar** and any beef resting juices. Cook, stirring, until smooth and slightly thickened, **1-2 minutes**. Season to taste.



Serve up

Roughly chop the **flaked almonds**. Slice the peppercorn beef eye fillet. Divide the eye fillet, rosemary potatoes, balsamic baby carrots and baby broccoli between plates. Top the baby broccoli with the flaked almonds. Pour the cherry glaze over the eye fillet to serve.

Enjoy!