



Peppercorn Beef Eye Fillet & Sticky Glaze

with Rosemary Sweet Potato & Balsamic Dutch Carrots

GOURMET PLUS

Grab your Meal Kit with this symbol



Sweet Potato



Rosemary



Black Peppercorns



Premium Beef Eye Fillet



Dutch Carrots



Green Beans



Garlic



Sweet & Savoury Glaze



Flaked Almonds

Prep in: 25-35 mins
Ready in: 40-50 mins



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

Pantry items

Olive Oil, Butter, Honey, Balsamic Vinegar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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
sweet potato	2	4
rosemary	2 sticks	4 sticks
butter*	40g	80g
black peppercorns	1 large sachet	2 large sachets
premium beef eye fillet	1 small packet	1 large packet
Dutch carrots	1 bag	2 bags
honey*	1 tsp	2 tsp
balsamic vinegar*	drizzle	drizzle
green beans	1 small bag	1 medium bag
garlic	2 cloves	4 cloves
sweet & savoury glaze	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2398kJ (573Cal)	447kJ (107Cal)
Protein (g)	37.6g	7g
Fat, total (g)	25.9g	4.8g
- saturated (g)	13.6g	2.5g
Carbohydrate (g)	45.6g	8.5g
- sugars (g)	25.7g	4.8g
Sodium (mg)	402mg	75mg

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 Zinfandel or Malbec

Top Steak Tips!

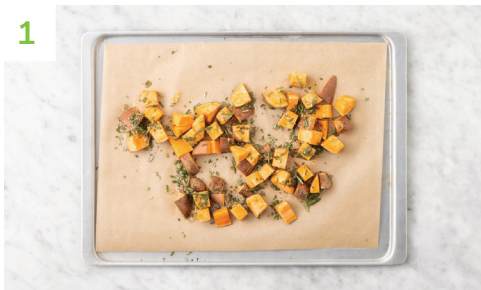
1. Use paper towel to pat steak dry before seasoning.
2. Check if steak is done by pressing on it gently with tongs - rare steak is soft, medium is springy and well-done is firm.
3. For ultimate tenderness, let steak rest on a plate for 10 minutes before slicing.

We're here to help!

Scan here if you have any questions or concerns



1



Roast the sweet potato

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into bite-sized chunks. Pick and finely chop **rosemary** leaves. Place the **butter** in a small heatproof bowl, then microwave in **10 second** bursts, until melted.
- Place **sweet potato** on a lined oven tray. Drizzle with melted **butter**, sprinkle with **rosemary** and season with **salt**. Toss to coat.
- Roast until almost tender, **15 minutes**.

TIP: Run your fingers down the rosemary stalk to remove the leaves easily.

4



Cook the green beans

- Meanwhile, trim **green beans**. Finely chop **garlic**.
- Wipe frying pan clean and return to medium-high heat with a drizzle of **olive oil**. Cook **green beans** with a dash of **water**, tossing, until tender, **5-6 minutes**. Add **garlic** and cook until fragrant, **1-2 minutes**.
- Transfer to a bowl. Cover to keep warm.

2



Cook the eye fillet

- See 'Top Steak Tips! (bottom left)'. Meanwhile, crush **black peppercorns** in a pestle and mortar or in their sachet using a rolling pin. Spread crushed **peppercorns** over a plate, then combine with a generous pinch of **salt**.
- Pat **premium eye fillet** dry with paper towel. Drizzle with **olive oil**, then press each side firmly into **peppercorns**.
- 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.
- Transfer **eye fillet** to the tray with the almost tender **sweet potato**. Return to oven and roast for **10-16 minutes** (2 person portion) or **16-22 minutes** (4 person portion), or until cooked to your liking. Set aside to rest for **10 minutes**.

TIP: The steak will keep cooking while it rests!

5



Make the glaze

- Return pan to medium heat with a drizzle of **olive oil**.
- Cook **sweet & savoury glaze**, a splash of **water** and any **beef resting juices**, stirring, until smooth and slightly thickened, **1-2 minutes**.
- Remove from heat. Season to taste.

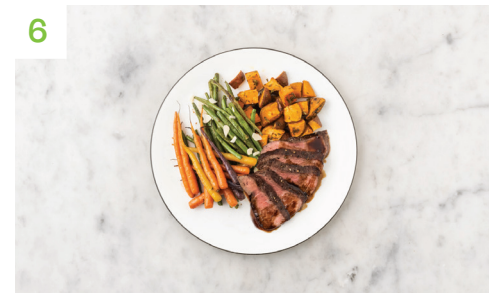
3



Roast the Dutch carrots

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

6



Serve up

- Slice peppercorn beef eye fillet.
- Divide eye fillet, rosemary sweet potato, balsamic Dutch carrots and green beans between plates.
- Sprinkle **flaked almonds** over green beans. Pour sweet & savoury glaze over eye fillet to serve. Enjoy!

Rate your recipe

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