



Roast Beef Fillet & Pumpkin-Herb Gratin

with Black Garlic Mayo

Grab your Meal Kit with this symbol



Butternut Pumpkin



Herbs



Garlic



Baby Broccoli



Black Garlic



Mayonnaise



Panko Breadcrumbs



Grated Parmesan Cheese



Premium Sirloin Tip

 Hands-on: **30-40 mins**
Ready in: **40-50 mins**

Thanks to the premium sirloin tip and sweet black garlic, tonight's dinner is something special. A decadent gratin with a golden panko crust rounds out the dish, which we think is worthy of being paired with your favourite red.

Pantry items

Olive Oil, Butter, Plain Flour, Milk

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

Medium or large baking dish · Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butternut pumpkin	1 medium	1 large
herbs	1 bag	1 bag
garlic	1 clove	2 cloves
baby broccoli	1 bunch	2 bunches
black garlic	1 packet	2 packets
mayonnaise	1 packet (40g)	1 packet (100g)
panko breadcrumbs	½ medium packet	1 medium packet
butter*	20g	40g
plain flour*	1 tbs	2 tbs
milk*	¾ cup	1½ cups
salt*	¼ tsp	½ tsp
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
premium sirloin tip	1 small packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2767kJ (661Cal)	407kJ (97Cal)
Protein (g)	49.4g	7.3g
Fat, total (g)	30.6g	4.5g
- saturated (g)	11.9g	1.7g
Carbohydrate (g)	45.7g	6.7g
- sugars (g)	18.4g	2.7g
Sodium (mg)	728mg	107mg

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 Merlot or Shiraz



Roast the pumpkin

Preheat oven to **220°C/200°C fan-forced**. Peel and chop the **butternut pumpkin** into thin slices. Place **pumpkin** in a baking dish lined with baking paper, drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then spread out in a single layer and roast until just tender, **15 minutes**.



Make the gratin

While the beef is roasting, wash and dry frying pan, then return to medium heat. Cook the **butter**, **herbs** and **garlic** until fragrant, **1 minute**. Add the **plain flour** and cook, stirring, until a thick paste forms, **2 minutes**. Remove pan from the heat and slowly whisk in the **milk** until smooth. Stir in the **salt**, **grated Parmesan cheese** and a pinch of **pepper**. Pour sauce over the **pumpkin** in the baking dish. Top with **panko breadcrumb mixture** and bake until golden and bubbling, **10-15 minutes**.



Get prepped

Meanwhile, thinly slice the leaves of the **herbs**. Finely chop **garlic**. Trim ends of **baby broccoli** and halve any thick stalks lengthways. Peel **black garlic**. In a small bowl, mash **black garlic** with a fork until smooth, then stir in **mayonnaise**. In a medium bowl, toss **panko breadcrumbs** (see ingredients) with a good drizzle of **olive oil**. Season.



Cook the baby broccoli

While the gratin is baking, wash out frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **baby broccoli**, tossing, until just tender, **5-6 minutes**. Season with **salt** and **pepper**.

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



Cook the beef

See '**Top Steak Tips**' (below)! In a large frying pan, heat a drizzle of **olive oil** over high heat. Season **premium sirloin tip** all over and add to the hot pan. Sear until browned, **1 minute** on all sides. Transfer to a lined oven tray and roast for **17-20 minutes** for medium or until cooked to your liking. Remove from oven and cover with foil to rest for **10 minutes**.



Serve up

Slice the roast beef fillet. Divide beef, pumpkin herb gratin and baby broccoli between plates. Pour any resting juices over beef. Top with black garlic mayo to serve.

Enjoy!

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.