



# Roast Beef Fillet & Pumpkin-Sage Gratin

with Baby Broccoli & Truffle Mayonnaise

Grab your Meal Kit with this symbol



Butternut Pumpkin



Sage



Garlic



Baby Broccoli



Pine Nuts



Panko Breadcrumbs



Italian Truffle Mayonnaise



Grated Parmesan Cheese



Premium Sirloin Tip

Prep in: **30-40** mins  
Ready in: **40-50** mins

Prepare for something a little extraordinary tonight. The secret is our premium sirloin tip - seared first, then roasted until tender - which pairs perfectly with our creamy truffle mayo and pumpkin-sage gratin. Serve your meal with a good glass of red for maximum wow-factor.

### 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        |
|----------------------------|-----------------|-----------------|
| <b>olive oil*</b>          | refer to method | refer to method |
| butternut pumpkin          | 1 medium        | 1 large         |
| sage                       | 1 bag           | 1 bag           |
| garlic                     | 1 clove         | 2 cloves        |
| baby broccoli              | 1 bunch         | 2 bunches       |
| panko breadcrumbs          | ½ medium packet | 1 medium packet |
| <b>butter*</b>             | 20g             | 40g             |
| <b>plain flour*</b>        | 1 tbs           | 2 tbs           |
| <b>milk*</b>               | ¾ cup           | 1½ cups         |
| <b>salt*</b>               | ¼ tsp           | ½ tsp           |
| grated Parmesan cheese     | 1 packet (30g)  | 2 packets (60g) |
| premium sirloin tip        | 1 small packet  | 1 large packet  |
| Italian truffle mayonnaise | 1 packet        | 2 packets       |
| pine nuts                  | 1 medium packet | 1 large packet  |

\*Pantry Items

## Nutrition

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3058kJ (730Cal) | 444kJ (106Cal) |
| Protein (g)      | 48.7g           | 7.1g           |
| Fat, total (g)   | 39.2g           | 5.7g           |
| - saturated (g)  | 12.4g           | 1.8g           |
| Carbohydrate (g) | 47g             | 6.8g           |
| - sugars (g)     | 18.7g           | 2.7g           |
| Sodium (mg)      | 693mg           | 101mg          |

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 Merlot Blend or Malbec.

## We're here to help!

Scan here if you have any questions or concerns

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## Roast the pumpkin

- Preheat oven to **220°C/200°C fan-forced**.
- Peel **butternut pumpkin**, then cut into thin slices.
- Place **pumpkin** in a baking dish. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Spread out in a single layer, then roast until just tender, **15 minutes**.

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## Make the gratin

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

## 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.

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## Get prepped

- Meanwhile, thinly slice **sage** leaves. Finely chop **garlic**.
- Trim ends of **baby broccoli** and halve any thick stalks lengthways.
- In a medium bowl, toss **panko breadcrumbs** (see ingredients) with a good drizzle of **olive oil**. Season.

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## 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!

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## Cook the beef

- See '**Top Steak Tips!**' (**bottom left**). In a large frying pan, heat a drizzle of **olive oil** over high heat. Season **premium sirloin tip** all over, then add to the hot pan. Sear until browned, **1 minute** on all sides.
- Transfer **sirloin** to a lined oven tray. Roast for **17-20 minutes** for medium or until cooked to your liking.
- Remove **sirloin** from oven. Cover with foil to rest for **10 minutes** (it will keep cooking as it rests!).

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## Serve up

- Slice the roast beef fillet.
- Divide beef, pumpkin-sage gratin and baby broccoli between plates.
- Pour any resting juices over the beef. Top with **Italian truffle mayonnaise** and sprinkle with **pine nuts** to serve. Enjoy!