

Roast Beef Eye Fillet & Chimichurri

with Smokey Aioli Potatoes, Garlicky Lemon Greens & Pepitas

GOURMET PLUS

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Premium Beef Eye Fillet



Chat Potatoes



Smokey Aioli



Baby Broccoli



Green Beans



Garlic



Lemon



Pepitas



Chimichurri Sauce

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

When you have a premium beef eye fillet in your cool pouch, it would be sacrilege not to give it the TLC it deserves. Make it extra special with a dollop of our bright and herby chimichurri and a couple of impressive but easy-to-make sides: our smokey aioli adds a rich depth of flavour to the spuds, while a good hit of lemon brings the garlicky greens to life.

Pantry items

Olive Oil

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

Large frying pan · Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
premium beef eye fillet	1 small packet	1 large packet
chat potatoes	1 bag (400g)	1 bag (800g)
smokey aioli	1 medium packet	1 large packet
baby broccoli	1 bunch	2 bunches
green beans	1 small bag	1 medium bag
garlic	2 cloves	4 cloves
lemon	½	1
pepitas	1 medium packet	1 large packet
chimichurri sauce	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2969kJ (710Cal)	503kJ (120Cal)
Protein (g)	43.6g	7.4g
Fat, total (g)	42.9g	7.3g
- saturated (g)	10.8g	1.8g
Carbohydrate (g)	35.6g	6g
- sugars (g)	7g	1.2g
Sodium (mg)	435mg	74mg

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.



Sear the eye fillet

- Preheat oven to **240°C/220°C fan-forced**.
- See '**Top Steak Tips**' (below). Season **premium beef eye fillet** with **salt** and **pepper**.
- 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.



Get prepped

- Meanwhile, trim **baby broccoli** and cut any larger stems in half lengthways.
- Trim **green beans**.
- Finely chop **garlic**.
- Zest **lemon** to get a good pinch and slice into wedges.

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.



Roast the eye fillet

- Transfer seared **eye fillet** to a lined oven tray.
- 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: Cook time will vary depending on the thickness of the eye fillet. The thinner the steak, the less time it needs to cook!



Cook the greens

- When the potatoes have **5 minutes** cook time remaining, return the frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **baby broccoli** and **green beans**, tossing, until just tender, **4-5 minutes**.
- Add **garlic** and **lemon zest** and cook until fragrant, **1-2 minutes**.
- Squeeze over **lemon juice** and season with **salt** and **pepper**. Remove from heat.



Make the potatoes

- While the beef is roasting, cut **chat potatoes** in half.
- Place **potatoes** on a second lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Arrange **potatoes** cut-side down. Roast until tender, **25-30 minutes**.
- Add **smokey aioli** to the roast potato tray. Gently toss to combine.

TIP: Cut any larger chat potatoes into quarters! You want them to all be similar in size.



Serve up

- Slice the roast eye fillet.
- Divide eye fillet, smokey aioli potatoes and garlicky lemon greens between plates.
- Sprinkle **pepitas** over the greens. Spoon **chimichurri sauce** over the eye fillet.
- Serve with remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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