# **Premium Fillet Steak & Tarragon Sauce**

with Parmesan Mash & Greens

**Grab your Meal Kit** with this symbol









Potato



**Asparagus** 





**Green Beans** 









**Premium Fillet** Steak

**Grated Parmesan** Cheese



**Chicken Stock** 

**Pantry items** Olive Oil, Butter, Milk

## Before vou 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 saucepan with a lid · Large frying pan Oven tray lined with baking paper

## **Ingredients**

•		
	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
asparagus	1 bunch	2 bunches
green beans	1 bag (200g)	1 bag (400g)
eschalot	1	2
garlic	2 cloves	4 cloves
tarragon	½ bunch	1 bunch
premium fillet steak	1 packet	2 packets
butter* (for the mash)	20g	40g
milk*	2 tbs	⅓ cup
salt*	1/4 tsp	½ tsp
grated Parmesan cheese	2 packets (60g)	4 packets (120g)
water*	½ cup	1 cup
chicken stock	½ cube	1 cube
butter* (for the sauce)	40g	80g

<sup>\*</sup>Pantry Items

## **Nutrition**

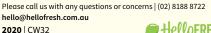
	Per Serving	Per 100g
Energy (kJ)	<b>3314kJ</b> (792Cal)	<b>497kJ</b> (118Cal)
Protein (g)	53.5g	8g
Fat, total (g)	47.5g	7.1g
- saturated (g)	26.1g	3.9g
Carbohydrate (g)	33.7g	5.1g
- sugars (g)	7.9g	1.2g
Sodium (mg)	979mg	147mg

### **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 Shiraz or Pinot Noir.







# 1. Prep the veggies

Preheat the oven to 220°C/200°C fan-forced. Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into 2cm chunks. Trim the woody ends (about 3cm) off the asparagus. Trim the green beans. Finely chop the eschalot. Finely chop the **garlic** (or use a garlic press). Pick and finely chop the **tarragon** leaves until you have **1** tsp for 2 people / 2 tsp for 4 people.

**TIP:** Tarragon has a mild aniseed flavour, use less if you're not a fan!



## 2. Cook the steak

Heat a drizzle of olive oil in a large frying pan over a high heat. Season the **premium fillet steak** all over with **salt** and **pepper** and add to the hot pan. Sear the **steak** until browned, **1 minute** on all sides. Transfer to an oven tray lined with baking paper and roast for 8-10 minutes for medium or until cooked to your liking. Remove the tray from the oven and set aside to rest for 10 minutes.

**TIP:** The meat will keep cooking as it rests!



## 3. Make the mash

While the steak is cooking, add the potato to the saucepan of boiling water and cook until easily pierced with a knife, 10-15 minutes. Drain and return to the pan. Add the butter (for the mash), milk and the salt to the saucepan. Mash with a potato masher or fork until smooth. Add the grated Parmesan cheese and stir through until melted. Cover with a lid to keep warm.



# 4. Cook the greens

While the potato is cooking, return the frying pan to a medium-high heat with a drizzle of olive oil. Add the asparagus and cook until starting to soften, 2 minutes. Add the green beans and cook, tossing, until bright green and just tender, 3-4 minutes. Add 1/2 the garlic and cook until fragrant, 30 seconds. Transfer to a plate and cover to keep warm.

**TIP:** The garlic can burn fast, so keep an eye on it!



## 5. Make the sauce

Return the frying pan to a medium heat with a drizzle of olive oil. Add the eschalot and remaining garlic and cook until fragrant, 1-2 minutes. Add the water, any steak resting juices and crumbled chicken stock (1/2 cube for 2 people / 1 cube for 4 people). Bring to a boil then reduce the heat to medium and simmer for 2 minutes. Whisk in the butter (for the sauce). Remove from the heat and stir in the **tarragon**.



## 6. Serve up

Thinly slice the steak. Divide the Parmesan mash and greens between plates. Place the steak on top of the mash and top with the garlic and tarragon sauce.

**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 10 minutes before slicing.