



Premium Fillet Steak & Tarragon Sauce

with Parmesan Mash & Greens

Grab your Meal Kit with this symbol



Potato



Asparagus



Green Beans



Eschalot



Garlic



Tarragon



Premium Fillet Steak



Grated Parmesan Cheese



Chicken Stock

Hands-on: 25-35 mins
Ready in: 35-45 mins

Naturally gluten-free
Not suitable for Coeliacs

Make a flavour-packed sauce to drizzle over a tender cut of premium fillet steak using eschalot – a sweeter and more delicate type of onion – plus tarragon and garlic. Then, finish off your gourmet creation with creamy mash and vibrant greens.

Pantry items

Olive Oil, Butter, 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 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	½ cup
salt*	¼ 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

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3314kJ (792Cal)	497kJ (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!



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!



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.



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.