



Beef Eye Fillet & Cheesy Cauliflower

with Green Beans & Almond Pangrattato

GOURMET PLUS

Grab your Meal Kit with this symbol



Cauliflower



Shredded Cheddar Cheese



Dijon Mustard



Chicken-Style Stock Powder



Premium Beef Eye Fillet



Lime



Green Beans



Panko Breadcrumbs



Flaked Almonds



Horseradish Sauce

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

Carb Smart

Pair tender roasted eye fillet with Dijon-spiked cheesy cauliflower and you're in for a treat. Complete this elegant dish with citrusy sautéed green beans for crunch and to cut the richness, plus a horseradish sauce for creaminess and a hint of heat.

Pantry items

Olive Oil, Milk

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 large portion	2 large portions
shredded Cheddar cheese	1 medium packet	1 large packet
Dijon mustard	1 packet	2 packets
milk*	½ cup	1 cup
chicken-style stock powder	1 medium sachet	1 large sachet
premium beef eye fillet	1 small packet	2 small packets OR 1 large packet
lime	½	1
green beans	1 medium bag	2 medium bags
panko breadcrumbs	½ medium packet	1 medium packet
flaked almonds	1 medium packet	1 large packet
horseradish sauce	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2199kJ (526Cal)	369kJ (88Cal)
Protein (g)	47.3g	7.9g
Fat, total (g)	24.9g	4.2g
- saturated (g)	7.6g	1.3g
Carbohydrate (g)	27.4g	4.6g
- sugars (g)	15.3g	2.6g
Sodium (mg)	1153mg	193mg
Dietary Fibre (g)	9.5g	1.6g

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 Tempranillo or Malbec

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.

We're here to help!

Scan here if you have any questions or concerns



Cook the cheesy cauliflower

- Preheat oven to **240°C/220°C fan-forced**.
- Chop **cauliflower** (including the stalk!) into small florets. Place in a baking dish (it's okay if it's crowded!).
- Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until almost tender and brown around the edges, **15 minutes**.
- While cauliflower is baking, combine **shredded Cheddar cheese, Dijon mustard, milk, chicken-style stock powder** and a generous pinch of **pepper** in a medium bowl.
- After **15 minutes**, remove cauliflower from the oven and pour over the **cheesy mixture**. Bake until tender, **8-10 minutes**.



Cook the pangrattato

- Wipe out frying pan, then return to medium-high heat with a generous drizzle of **olive oil**. Cook **panko breadcrumbs** (see ingredients), stirring, until golden brown, **3 minutes**.
- Add **flaked almonds** and **lime zest** and cook until fragrant, **1-2 minutes**. Transfer to a bowl. Season to taste.



Cook the eye fillet

- See '**Top Steak Tips**' (**bottom left**)! While cauliflower is baking, 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.
- Transfer to a lined oven tray and 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.



Cook the green beans

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **green beans**, tossing, until tender, **4-5 minutes**.
- Remove the pan from the heat. Squeeze over some **lime juice**. Season to taste.



Get prepped

- While beef is roasting, zest **lime** to get a good pinch, then slice into wedges.
- Trim **green beans**.



Serve up

- Slice beef eye fillet.
- Divide beef, cheesy cauliflower and green beans between plates.
- Sprinkle pangrattato over the green beans. Serve with **horseradish sauce** and any remaining lime wedges. Enjoy!

Rate your recipe

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