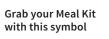


GOURMET PLUS













Dijon Mustard







Premium Beef



Eye Fillet





Panko Breadcrumbs

Green Beans



Flaked Almonds



Horseradish Sauce

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





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 | 1/2 | 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

| Per Serving | Per 100g |
|-----------------|---|
| 2199kJ (526Cal) | 369kJ (88Cal) |
| 47.3g | 7.9g |
| 24.9g | 4.2g |
| 7.6g | 1.3g |
| 27.4g | 4.6g |
| 15.3g | 2.6g |
| 1153mg | 193mg |
| 9.5g | 1.6g |
| | 2199kJ (526Cal) 47.3g 24.9g 7.6g 27.4g 15.3g 1153mg |

The quantities provided above are averages only.

Alleraens

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?

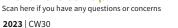
We recommend pairing this meal with Tempranillo or Malbec

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 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 eve fillet.



Get prepped

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



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 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.



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

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate