



Eye Fillet Steak & Mushroom Sauce

with Creamy Mash & Green Beans



Premium Beef Eye Fillet



Potato



Light Cooking Cream



Green Beans



Brown Onion



Chives



Garlic



Sliced Mushrooms



Worcestershire Sauce



Beef Stock Pot



Flaked Almonds



Horseradish Sauce



Hands-on: **30-40 mins**
Ready in: **35-45 mins**



Eat Me Early



Naturally Gluten-Free
Not suitable for coeliacs

Get gourmet tonight with some help from a premium beef eye fillet, cooked to perfection and served with all the trimmings - including a decadent mushroom sauce you'll want to pour over everything!

Pantry items

Olive Oil, Butter

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 · Oven tray lined with baking paper · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
premium beef eye fillet	1 small packet	1 large packet
potato	2	4
butter*	40g	80g
light cooking cream	1 medium packet	1 large packet
green beans	1 medium bag	1 large bag
brown onion	1	2
chives	1 bag	1 bag
garlic	1 clove	2 cloves
sliced mushrooms	1 medium packet (150g)	1 large packet (300g)
Worcestershire sauce	1 medium packet	1 large packet
beef stock pot	½ packet (10g)	1 packet (20g)
water*	¼ cup	½ cup
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)	3554kJ (849Cal)	464kJ (110Cal)
Protein (g)	44.3g	5.8g
Fat, total (g)	53.7g	7g
- saturated (g)	24.5g	3.2g
Carbohydrate (g)	46.1g	6g
- sugars (g)	15.3g	2g
Sodium (mg)	733mg	96mg

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.



Cook the steak

See 'Top Steak Tips' (bottom left)! Preheat the oven to **240°C/220°C fan-forced**. Season the **premium beef eye fillet** with **salt** and **pepper**. In a large frying pan, heat a drizzle of **olive oil** over a high heat. When the oil is hot, cook the **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. The thinner the steak, the less time it needs to cook!



Cook the green beans

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **green beans**, tossing, until tender, **4-5 minutes**. Add the **garlic**, tossing, until fragrant, **1 minute**. Transfer to a bowl. Season to taste, then cover to keep warm.



Make the mash

While the steak is cooking, bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into large chunks. Cook in the **boiling water** until easily pierced with a knife, **12-15 minutes**. Drain and return to the pan. Add the **butter**, some **light cooking cream** (2 tbs for 2 people / 4 tbs for 4 people) and a generous pinch of **salt**. Mash until smooth. Cover to keep warm.



Make the sauce

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **onion** and **sliced mushrooms**, tossing, until softened, **6-8 minutes**. Add the **Worcestershire sauce**, **beef stock pot** (see ingredients), the **water** and remaining **cream**. Stir to combine, then simmer until slightly reduced, **2-3 minutes**. Remove from the heat. Add the **steak resting juices**, then stir to combine.



Get prepped

While the potato is cooking, trim the **green beans**. Thinly slice the **brown onion** and **chives**. Finely chop the **garlic**.



Serve up

Slice the eye fillet steak. Season the mash with pepper, if desired. Divide the steak, creamy mash and green beans between plates. Spoon over the mushroom sauce. Garnish with the chives and **flaked almonds**. Serve with the **horseradish 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 5 minutes before slicing.