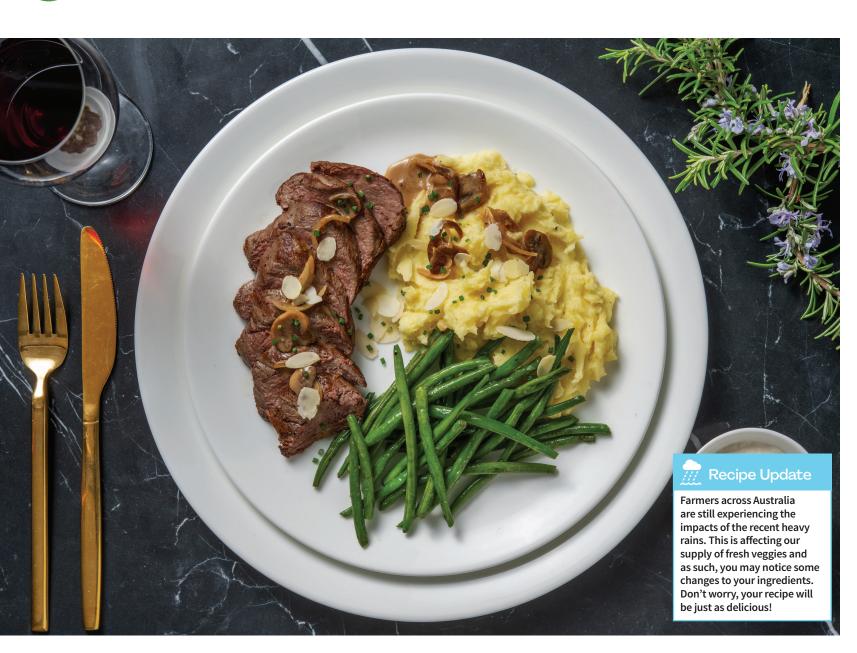
# Eye Fillet Steak & Mushroom Sauce with Creamy Mash & Asparagus















**Brown Onion** 





**Spring Onion** 

Flaked Almonds



Premium Beef



Eye Fillet





Chutney

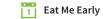
Sliced Mushrooms

Beef Stock Pot

Horseradish Sauce

Prep in: 30-40 mins Ready in: 35-45 mins 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 creamy mushroom sauce laced with our caramelised onion chutney... you'll want to pour it over everything!

**Pantry items** 

Before you start Remember to wash your hands for 20 seconds

before you get cooking. You'll also need to give your fruit and

#### You will need

Large frying pan · Oven tray lined with baking paper · Medium saucepan with a lid

## Ingredients

9. 36			
	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	
asparagus	1 bunch	2 bunches	
brown onion	1	2	
garlic	1 clove	2 cloves	
spring onion	1 stem	2 stems	
sliced mushrooms	1 medium packet	1 large packet	
caramelised onion chutney	1 packet (40g)	2 packets (80g)	
beef stock pot	½ packet (10g)	1 packet (20g)	
water*	1/4 cup	½ cup	
flaked almonds	1 medium packet	1 large packet	
horseradish sauce	1 medium packet	2 medium packets	

<sup>\*</sup>Pantry Items

#### Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3550kJ (848Cal)	465kJ (111Cal)
Protein (g)	43.5g	5.7g
Fat, total (g)	53g	6.9g
- saturated (g)	22.9g	3g
Carbohydrate (g)	47.2g	6.2g
- sugars (g)	21.5g	2.8g
Sodium (mg)	769mg	101mg

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.

#### **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 3-10 minutes before slicing.



# Cook the eye fillet

- See 'Top Steak Tips!' (bottom left). Preheat oven to 240°C/220°C fan-forced. 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 eye fillet's thickness. The thinner the steak, the less time it needs to cook!



#### Make the mash

- While the eye fillet is roasting, bring a medium saucepan of salted water to the boil. Peel potato and cut into large chunks.
- Cook **potato** in the boiling water until easily pierced with a fork, 12-15 minutes.
- Drain **potato**, then return to the pan. Add the butter, some light cooking cream (2 tbs for 2 people / 1/4 cup for 4 people) and a generous pinch of salt. Mash until smooth. Cover to keep warm.



# Get prepped

- Trim ends of asparagus.
- Thinly slice brown onion.
- Finely chop garlic.
- Thinly slice **spring onion**. Set aside.



# Cook the asparagus

- Return frying pan to medium-high heat with a drizzle of olive oil. Cook asparagus with a splash of water until tender, 5-6 minutes.
- · Add garlic, tossing, until fragrant, 1 minute.
- · Transfer to a bowl. Season to taste, then cover to keep warm.



## Make the mushroom sauce

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



## Serve up

- · Slice eye fillet steak.
- Divide steak, creamy mash and baby carrots between plates. Pour mushroom sauce over the
- · Garnish with spring onion and flaked almonds.
- Serve with **horseradish sauce**. Enjoy!



Scan here if you have any questions or concerns

