

Eye Fillet Steak & Mushroom Sauce

with Creamy Mash & Asparagus

Grab your Meal Kit with this symbol



Potato



Asparagus



Brown Onion



Garlic



Spring Onion



Flaked Almonds



Premium Beef Eye Fillet



Light Cooking Cream



Sliced Mushrooms



Caramelised Onion Chutney



Beef Stock Pot




Horseradish Sauce

Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

Prep in: 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 creamy mushroom sauce laced with our caramelised onion chutney... you'll want to pour it 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
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*	¼ cup	½ cup
flaked almonds	1 medium packet	1 large packet
horseradish sauce	1 medium packet	2 medium packets

*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.

1



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!

4



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.

2



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.

5



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**.

3



Get prepped

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

6



Serve up

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

We're here to help!

Scan here if you have any questions or concerns



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