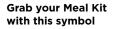
# **Garlic & Herb Roast Beef**

with Rosemary & Garlic Mash, Bacon Greens & Gravy















Rosemary



Garlic & Herb Seasoning





**Premium Fillet** Steak



Broccolini





Bacon

Homestyle Gravy

**Pantry items** Olive Oil, Butter, Milk

## Before vou 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

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

#### **Ingredients**

2 People	4 People
refer to method	refer to method
2	4
3 cloves	6 cloves
1 bunch	1 bunch
40g	80g
2 tbs	4 tbs
¼ tsp	½ tsp
1 sachet	2 sachets
1 packet	2 packets
1 bag (100g)	1 bag (200g)
1 bunch	2 bunches
1 bag	1 bag
1 small packet	2 small packets
1 packet	2 packets
	refer to method 2 3 cloves 1 bunch 40g 2 tbs ½ tsp 1 sachet 1 packet 1 bag (100g) 1 bunch 1 bag 1 small packet

<sup>\*</sup>Pantry Items

#### **Nutrition**

	Per Serving	Per 100g
Energy (kJ)	<b>3478kJ</b> (831Cal)	<b>461kJ</b> (110Cal)
Protein (g)	52.2g	6.9g
Fat, total (g)	48g	6.4g
- saturated (g)	23.1g	3.1g
Carbohydrate (g)	42.8g	5.7g
- sugars (g)	8.7g	1.2g
Sodium (mg)	2005mg	266mg

#### **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 Merlot or Shiraz.



### 1. Make the mash

Preheat the oven to 220°C/200°C fan-forced. Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and cut into 2cm chunks. Peel the **garlic** cloves. Pick and finely chop the **rosemary** leaves. Add the **potato** and garlic to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain. Return the pan to a medium-high heat with a drizzle of olive oil. Add the rosemary and cook until fragrant, 1 minute. Add the garlic potatoes, butter, milk and the salt to the rosemary. Remove from the heat and mash with a potato masher or fork until smooth. Cover to keep warm.



#### 2. Roast the beef

See Top Steak Tips (bottom) for extra info! While the potato is boiling, heat a large frying pan over a high heat with a drizzle of olive oil. Rub the garlic & herb seasoning and a drizzle of olive oil over the premium fillet steak and add to the hot pan. Sear the **steak** until browned. **1 minute** each side. Transfer to an oven tray lined with baking paper and roast for 8-10 minutes for medium or until cooked to your liking. Set aside to rest.

**TIP:** The meat will keep cooking as it rests!



## 3. Get prepped

While the beef is roasting, trim the green beans. Slice the **broccolini** in half lengthways. Roughly chop the parsley. Finely chop the bacon.



# 4. Cook the bacon greens

While the beef is resting, wipe out the frying pan and heat a drizzle of olive oil over a mediumhigh heat. Add the **bacon** and cook until golden, 4-5 minutes. Transfer to a medium bowl. Return the frying pan to a medium-high heat, add the green beans and broccolini, then cook until softened, 4-5 minutes. Remove from the heat, add the parsley (reserve a pinch for garnish), bacon and season with salt and pepper.



# 5. Heat the gravy

While the greens are cooking, heat the **homestyle** gravy in a small saucepan over a low heat, stirring until warmed through, 5 minutes.



# 6. Serve up

Thickly slice the garlic and herb roast beef. Divide the rosemary and garlic mash, bacon greens and beef between plates. Pour over the gravy to serve. Garnish with the remaining parsley.

**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 10 minutes before slicing.

Please call us with any questions or concerns | (02) 8188 8722 hello@hellofresh.com.au 2020 | CW38

