

Premium Beef Fillet Steak

with Bacon-Mushroom Sauce & Mashed Potato

Grab your Meal Kit with this symbol



Baby Carrots



Green Beans



Pine Nuts



Potato



Premium Fillet Steak



Garlic



Parsley



Bacon



Sliced Mushrooms



Light Thickened Cream

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

Naturally gluten-free
Not suitable for Coeliacs

Eat me early

Dish up tender beef fillet with a creamy mushroom-bacon sauce, plus mash, baby carrots and green beans to complement the rich flavours . It's hard to beat simple and classic.

Pantry items

Olive Oil, Butter, Milk

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

Medium saucepan · Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
baby carrots	1 bunch	2 bunches
green beans	1 bag (100g)	1 bag (200g)
pine nuts	1 packet	2 packets
potato	2	4
butter* (for the mash)	30g	60g
milk*	2 tbs	½ cup
salt*	¼ tsp	½ tsp
premium fillet steak	1 packet	2 packets
garlic	2 cloves	4 cloves
parsley	1 bag	1 bag
bacon	1 packet	2 packets
sliced mushrooms	1 packet	1 packet
butter* (for the sauce)	20g	40g
light thickened cream	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3854kJ (921Cal)	525kJ (125Cal)
Protein (g)	51.5g	7g
Fat, total (g)	61.3g	8.3g
- saturated (g)	30.7g	4.2g
Carbohydrate (g)	40.1g	5.5g
- sugars (g)	11.1g	1.5g
Sodium (mg)	940mg	128mg

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 Grenache or Pinot Noir



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Bring a medium saucepan of lightly salted water to the boil. Trim the green tops from the **baby carrots** and scrub the carrots clean. Place them on an oven tray lined with baking paper and drizzle with **olive oil**. Season with **salt and pepper** and toss to coat. Arrange in a single layer and roast for **20 minutes**. Trim the **green beans**. When the carrots have been cooking for **20 minutes**, add the **green beans** and **pine nuts** to the oven tray and toss to combine. Return to the oven and roast until the beans are tender and the pine nuts are golden, **5-7 minutes**.



Prep the sauce

Meanwhile, finely chop the **garlic**. Finely chop the **parsley** leaves. Roughly chop the **bacon**. Return the frying pan to a medium-high heat with a drizzle of **olive oil** if needed. Cook the **bacon**, tossing occasionally, until browned, **4-5 minutes**. Stir through 1/2 the **parsley** and transfer to a bowl.

TIP: No need to wash the pan before or after cooking the bacon.



Make the mash

While the carrots are roasting, peel the **potato** and cut into 2cm chunks. Add the **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain and return to the pan. Add the **butter (for the mash)**, **milk** and the **salt** and mash with a potato masher or fork until smooth. Cover to keep warm and set aside.



Cook the sauce

Return the frying pan to a medium-high heat. Add the **garlic** and cook until fragrant, **1 minute**. Add the **sliced mushrooms** and **butter (for the sauce)** and cook, stirring, until well browned, **4-5 minutes**. Reduce the heat to medium and return the **bacon** to the pan along with the **light thickened cream** and **any resting juices** from the **steak**. Stir until well combined and reduced slightly, **2-3 minutes**. Season to taste.

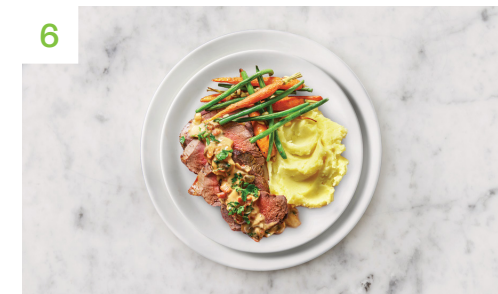


Cook the steak

See Top Steak Tips (bottom) for extra info!

While the potato is cooking, heat a drizzle of **olive oil** in a large frying pan over a high heat. Season the **premium fillet steak** all over with **salt and pepper** and add to the hot pan. Sear the **steak** until browned, **1 minute** on all sides. Transfer to a second oven tray lined with baking paper and roast for **8-10 minutes** for medium or until cooked to your liking. Remove from the oven and set aside to rest for **10 minutes**.

TIP: The meat will keep cooking as it rests!



Serve up

Slice the steak. Divide the mashed potato, roasted veggies, pine nuts and steak between plates. Spoon over the creamy bacon-mushroom sauce and 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 5 minutes before slicing.