



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



Bacon



Garlic



Parsley



Sliced Mushrooms



Light Thickened Cream

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

Naturally gluten-free
Not suitable for Coeliacs

Eat me early

Show Mum the love this Mother's Day by surprising her with a sublime two-course meal. Dish up tender beef fillet with a delicious mushroom-bacon sauce, plus mash and veggies. Then, for dessert, whip up our heavenly apple and pear crumble.

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 with a lid · Two oven trays lined with baking paper · Large frying pan

Ingredients

	4 People
olive oil*	refer to method
baby carrots	2 bunches
green beans	1 bag (200g)
pine nuts	2 packets
potato	4
butter* (for the mash)	60g
milk*	½ cup
salt*	½ tsp
premium fillet steak	2 packets
bacon	2 packets
garlic	4 cloves
parsley	1 bag
sliced mushrooms	1 punnet (375g)
butter* (for the sauce)	40g
light thickened cream	2 packets (300ml)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3580kJ (854Cal)	499kJ (119Cal)
Protein (g)	50.0g	7.0g
Fat, total (g)	56.2g	7.8g
- saturated (g)	29.9g	4.2g
Carbohydrate (g)	37.1g	5.2g
- sugars (g)	10.4g	1.5g
Sodium (g)	630mg	88mg

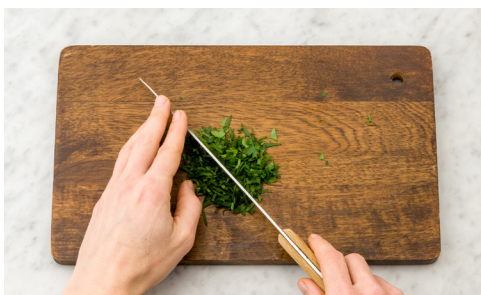
Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. 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 them clean. Place the **carrots** 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 roasting for **20 minutes**, add the **green beans** and **pine nuts** to the oven tray and toss to combine. Return to the oven until the beans are tender and the pine nuts are golden, **5-7 minutes**.



4. Prep the sauce

While the steak is cooking, slice the **bacon** into thin batons. Finely chop the **garlic** (or use a garlic press). Finely chop the **parsley**. Return the frying pan to a medium-high heat with a **drizzle of olive oil** if needed. Add the **bacon** and cook, stirring 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 cooking the bacon, or after!



2. Make the mashed potato

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 with a lid to keep warm and set aside.



5. 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 add the **bacon-parsley mixture**, **light thickened cream** and any **resting juices** from the steak. Cook, stirring, until well combined and reduced slightly, **2-3 minutes**. Season to taste with **salt** and **pepper**.



3. Cook the beef

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 the tray from the oven and set aside to rest for **10 minutes**.

TIP: The meat will keep cooking as it rests!



6. Serve up

Thickly slice the steak. Divide the mashed potato, baby carrots, green beans and premium beef fillet steak between plates. Spoon over the creamy bacon-mushroom sauce and garnish with the remaining parsley.

Enjoy!



Apple & Pear Crumble

with Vanilla Custard

Grab your Meal Kit with this symbol



Apple



Pear




Sweet Golden Spice Blend



Classic Oat Mix



Vanilla Custard

 Hands-on: 20 mins
Ready in: 40 mins

We've turned the humble fruit crumble into a heavenly and decadent dessert that Mum will love! Apple and pear combine to create a wholesome combination that's filled with spice and all things nice!

Pantry items

Brown Sugar, 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

15cm x 20cm baking dish · Small saucepan

Ingredients

	4 People
apple	2
pear	2
sweet golden spice blend	1 sachet
brown sugar*	40g
water*	1 tbs
butter*	100g
classic oat mix	1 bag
vanilla custard	1 tub (600ml)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3300kJ (789Cal)	717kJ (171Cal)
Protein (g)	11.1g	2.4g
Fat, total (g)	33.4g	7.2g
- saturated (g)	20.5g	4.5g
Carbohydrate (g)	105g	22.8g
- sugars (g)	71.4g	15.5g
Sodium (g)	313mg	68mg

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1. Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Cut the **apple** and **pear** (both unpeeled) into 1cm chunks.

TIP: Cut the fruit to the correct size so they cook in the allocated time. Peel the fruit if you prefer.



2. Make the spiced fruit

In a 15cm x 20cm baking dish, combine the **apple**, **pear**, sweet golden **spice** blend, **brown sugar**, **water** and a **pinch** of salt.



3. Make the crumble topping

In a small saucepan, melt the **butter** over a low heat. In a medium bowl, add the **classic oat mix**. Pour over the melted **butter** and stir to combine.



4. Add the crumble

Sprinkle the **crumble topping** over the spiced fruit in the baking dish and spread evenly.



5. Bake the crumble

Bake the apple and pear crumble until golden and the fruit is tender, **20-25 minutes**.

TIP: The fruit is cooked when you can pierce it easily with a fork.



6. Serve up

Divide the apple and pear crumble between bowls. Serve with the **vanilla custard**.

Enjoy!