



Roasted Beef Fillet & Béarnaise Sauce

with Rocket, Parmesan & Pear Salad

Grab your Meal Kit with this symbol



Potato



Beetroot



Garlic & Herb Seasoning



Garlic



Roasted Almonds



Parsley



Premium Fillet Steak



Pear



Rocket Leaves



Shaved Parmesan Cheese



Balsamic Glaze



Béarnaise

Hands-on: **25-35 mins**
Ready in: **35-45 mins**

Naturally gluten-free
Not suitable for Coeliacs

Pop on your apron and whip up this gourmet feast! With mouth-watering beef fillet, creamy béarnaise and a top-notch salad, you'll fall in love with creating this fine-dining experience just as much as eating every delicious bite.

Pantry items

Olive Oil

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
beetroot	1	2
garlic & herb seasoning	1 sachet	2 sachets
garlic	3 cloves	6 cloves
roasted almonds	1 packet	2 packets
parsley	1 bag	1 bag
premium fillet steak	1	2
pear	1	2
rocket leaves	1 bag (60g)	1 bag (120g)
shaved Parmesan cheese	1 packet	2 packets
balsamic glaze	drizzle	drizzle
béarnaise	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3022kJ (722Cal)	491kJ (117Cal)
Protein (g)	47.8g	7.8g
Fat, total (g)	33.2g	5.4g
- saturated (g)	6.7g	1.1g
Carbohydrate (g)	53.4g	8.7g
- sugars (g)	24g	3.9g
Sodium (mg)	725mg	118mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.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 10 minutes before slicing.

Fancy a Drop?

We recommend pairing this meal with Merlot or Shiraz

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://www.hellofresh.com.au/contact)

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Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 2cm chunks. Cut the **beetroot** (unpeeled) into 1cm cubes. Place the **potato, beetroot, garlic & herb seasoning** and a drizzle of **olive oil** on an oven tray lined with baking paper. Toss to coat, then roast until tender, **25-30 minutes**.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



Make the crumb

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **garlic** and **roasted almonds** and cook, stirring, until fragrant, **1-2 minutes**. Transfer to a small bowl. Add the **parsley** and season with **salt** and **pepper**. Stir to combine.



Get prepped

While the potato is roasting, finely chop the **garlic**, **roasted almonds** and **parsley** leaves.



Make the salad

While the beef is resting, thinly slice the **pear** into wedges. In a large bowl, combine the **pear** and **rocket leaves**. Season with **salt** and **pepper** and a small drizzle with **olive oil**. Top with the **shaved Parmesan cheese** and a drizzle of the **balsamic glaze**.



Cook the beef

See Top Steak Tips (left) for extra info!

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. Remove from the heat. Place the **steak** on a second oven tray lined with baking paper. 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!



Serve up

Slice the steak. Divide between plates, spooning any resting juices over the steak. Top with the crumb and the **béarnaise** sauce. Serve with the roasted veggies and the rocket, Parmesan and pear salad.

Enjoy!