



# Seared Fillet Steak & Balsamic Mushrooms

with Thyme-Roasted Carrots & Pear-Parmesan Salad

Grab your Meal Kit  
with this symbol



Baby Carrots



Baby Broccoli



Thyme



Premium Fillet  
Steak



Slivered Almonds



Pear



Garlic



Sliced Mushrooms



Rocket Leaves



Shaved Parmesan  
Cheese



Hands-on: **25-35 mins**



Ready in: **35-45 mins**



Naturally gluten-free

*Not suitable for Coeliacs*



Calorie Smart



Eat me early

To accompany your tender premium fillet steak, we've got mushrooms cooked with garlic and butter, plus elegant roasted veggies and a sweet and savoury salad. Get ready to serve up a feast!

## Pantry items

Olive Oil, Butter, Balsamic Vinegar



## 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
baby carrots	1 bunch	2 bunches
baby broccoli	1 bunch	2 bunches
thyme	1 bunch	1 bunch
premium fillet steak	1 packet	2 packets
slivered almonds	1 packet	2 packets
pear	1	2
garlic	2 cloves	4 cloves
butter*	20g	40g
sliced mushrooms	1 punnet (150g)	1 punnet (300g)
balsamic vinegar*	1 tbs	2 tbs
rocket leaves	1 bag (30g)	1 bag (60g)
shaved Parmesan cheese	1 packet (30g)	2 packets (60g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2285kJ (546Cal)	448kJ (107Cal)
Protein (g)	45g	8.8g
Fat, total (g)	30.5g	6g
- saturated (g)	11g	2.2g
Carbohydrate (g)	19g	3.7g
- sugars (g)	13.2g	2.6g
Sodium (mg)	322mg	63mg

## 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.

## Fancy a drop?

We recommend pairing this meal with Shiraz or Merlot

1



## Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Trim the green tops from the **baby carrots** and scrub the carrots 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**. Halve the **baby broccoli** lengthways. Pick the **thyme** leaves. After **20 minutes**, remove the tray from the oven and add the **baby broccoli** and **thyme**. Toss to coat and roast until tender, **5-7 minutes**.

2



## Cook the beef

**See Top Steak Tips (below) for extra info!**

While the carrots are roasting, 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!

3



## Get prepped

Wipe out the frying pan and return to a medium-high heat. Add the **slivered almonds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a plate. Thinly slice the **pear**. Finely chop the **garlic**.

4



## Make the balsamic mushrooms

Return the frying pan to a medium-high heat with a drizzle of **olive oil** and the **butter**. Cook the **garlic** and **sliced mushrooms**, stirring often, until browned, **3-4 minutes**. Add the **balsamic vinegar** and cook, stirring, until coated, **1-2 minutes**. Season to taste.

**TIP:** Stir through the steak resting juices for extra flavour!

5



## Make the salad

In a large bowl, combine the **pear** and **rocket leaves**. Drizzle with **balsamic vinegar** and **olive oil**. Season with **salt** and **pepper**. Add the **shaved Parmesan cheese** and toss to combine.

6



## Serve up

Slice the steak. Divide the sliced steak and thyme-roasted baby carrots and baby broccoli between plates. Spoon over the balsamic mushrooms and sprinkle with the toasted slivered almonds. Serve with the pear-Parmesan salad.

## 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.