



PREMIUM FILLET STEAK & TRUFFLE POTATOES

WITH GARLIC-HERB BUTTER & PARMESAN SILVERBEET



Make a garlic and herb butter



Potato



Thyme



Pine Nuts



Parsley



Rosemary



Garlic



Red Onion



Silverbeet



Long Red Chilli (Optional)



Premium Fillet Steak



Shaved Parmesan Cheese



Truffle Oil

- Hands-on: **30-40** mins
Ready in: **35-45** mins
- Naturally gluten-free
Not suitable for Coeliacs
- Spicy (optional long red chilli)

It would be crazy not to look to the French when designing a gourmet meal – they have one of the most revered cuisines in the world, after all! And what they really do best is take good ingredients and simply elevate them... as the chef in you will do tonight! Bon appetit!

Pantry Staples: Olive Oil, Butter

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- oven tray lined with baking paper
- large frying pan



1 ROAST THE POTATO

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 1cm chunks. Pick the **thyme** leaves. Place the **potato** and **1/2** the **thyme** leaves on an oven tray lined with baking paper. Season with **salt** and **pepper** and **drizzle** with **olive oil**. Toss to coat, then roast until tender, **25-30 minutes**. In the last **5 minutes** of cook time, add the **pine nuts** to the side of the tray and roast until toasted. **TIP:** Cut the potato to the correct size so it cooks in the allocated time.



4 ADD FLAVOUR TO THE BUTTER

While the steak is roasting, combine the **salt**, **butter**, **parsley**, **rosemary**, **remaining thyme** and a **small pinch** of **garlic** in a medium bowl. **TIP:** Add as much or as little garlic as you like, depending on your taste. Season with **pepper** and mash together with a fork. When the **steak** is resting, top with the **garlic-herb butter** and re-cover with foil to let it soften.



2 GET PREPPED

While the potato is roasting, pick and finely chop the **parsley** and **rosemary** leaves. Finely chop the **remaining thyme** leaves. Finely chop the **garlic** (see ingredients list). Thinly slice the **red onion**. Roughly chop the **silverbeet**. Thinly slice the **long red chilli** (if using).



5 COOK THE SILVERBEET

While the steak is resting, return the pan to a medium-high heat with a **drizzle** more **olive oil** if needed. Add the **onion** and cook until softened, **2-3 minutes**. Add the **silverbeet** and cook, stirring, until softened, **1-2 minutes**. Add the **remaining garlic** and a **pinch** of **salt** and **pepper**. Cook until fragrant, **1 minute**. Remove the pan from the heat and stir through the **shaved Parmesan cheese** and **chilli** (if using).



3 COOK THE STEAK

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

Drizzle the roasted potatoes with the **truffle oil** (see ingredients list). Toss to coat. **TIP:** Add more or less truffle oil to taste - it has a strong flavour! Thinly slice the steak. Divide the truffle potatoes, Parmesan silverbeet and steak between plates. Sprinkle with the toasted pine nuts.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
thyme	1 bunch	1 bunch
pine nuts	1 packet	2 packets
parsley	1 bunch	1 bunch
rosemary	1 bunch	1 bunch
garlic	½ clove	1 clove
red onion	1	2
silverbeet	2 bags	2 bags
long red chilli (optional)	1	2
premium fillet steak	1 packet	2 packets
salt*	¼ tsp	½ tsp
butter*	40g	80g
shaved Parmesan cheese	1 packet (30g)	2 packets (60g)
truffle oil	¾ tsp	1½ tsp

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3250kJ (777Cal)	495kJ (118Cal)
Protein (g)	45.9g	7.0g
Fat, total (g)	45.6g	7.0g
- saturated (g)	20.2g	3.1g
Carbohydrate (g)	38.8g	5.9g
- sugars (g)	9.3g	1.4g
Sodium (g)	841mg	128mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

PAIR THIS MEAL WITH

Cabernet Sauvignon
or
Zinfandel

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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