



# Premium Fillet Steak & Truffle Potatoes

with Garlic-Herb Butter & Parmesan Silverbeet

Grab your Meal Kit with this symbol



Potato



Red Onion



Thyme



Pine Nuts



Parsley



Garlic



Silverbeet



Premium Fillet Steak



Truffle Oil



Shaved Parmesan Cheese

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

Naturally gluten-free  
*Not suitable for Coeliacs*

Calorie Smart

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 items

Olive Oil, 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

Oven tray lined with baking paper · Large frying pan

## Ingredients

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

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2556kJ (610Cal)	432kJ (103Cal)
Protein (g)	43.9g	7.4g
Fat, total (g)	32.2g	5.4g
- saturated (g)	15.9g	2.7g
Carbohydrate (g)	32.6g	5.5g
- sugars (g)	7.9g	1.3g
Sodium (mg)	751mg	127mg

## Allergens

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

Visit [hellofresh.com.au/foodinfo](https://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 Cabernet Sauvignon or Zinfandel

### 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.



## Roast the potato

Preheat the oven to **220°C/200°C fan-forced**. Take the **butter** out of the fridge. Cut the **potato** (unpeeled) into 1cm chunks. Cut the **red onion** to 2cm wedges. Pick the **thyme** leaves. Place the **potato**, **onion** and **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, **20-25 minutes**.

**TIP:** Cut the potato to size so it cooks in time.



## Make the garlic-herb butter

While the steak is roasting, combine the **salt**, **butter**, **parsley**, and a small pinch of the **garlic** in a medium bowl. Season with **pepper** and mash together with a fork.

**TIP:** Add more or less garlic to taste.



## Get prepped

While the veggies are roasting, pick and finely chop the **parsley** leaves. Finely chop the **garlic** (see ingredients). Roughly chop the **silverbeet**.



## Cook the silverbeet

While the steak is resting, return the pan to a medium-high heat with a drizzle more **olive oil** if needed (no need to wash the pan!). Cook the **silverbeet** and remaining **garlic**, stirring, until softened, **1-2 minutes**. Remove the pan from the heat. Drizzle a little **truffle oil** over the roasted veggies. Toss to coat.

**TIP:** Add more or less truffle oil to taste - it has a strong flavour!



## Cook the steak

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

Heat a large frying pan over a medium-high heat. Cook the **pine nuts** until toasted, **2-3 minutes**. Transfer to a bowl. Return the frying pan to a high heat with a drizzle of **olive oil**. 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. Set aside to rest.

**TIP:** The meat will keep cooking as it rests!



## Serve up

Thinly slice the steak. Spoon the butter over the steak. Divide the truffle potatoes and onions, premium fillet steak and silverbeet between plates. Sprinkle the toasted pine nuts and **shaved Parmesan cheese** over the silverbeet.

## Enjoy!