



# PREMIUM FILLET STEAK & ROSEMARY FRIES

## WITH LEMONY GREENS & BEARNAISE SAUCE



Use infused oil to  
add flavour to fries



Potato



Rosemary



Garlic



Pine Nuts



Premium Fillet  
Steak



Sugar Snap  
Peas



Asparagus



Lemon



Parsley



Béarnaise Sauce



Goat Cheese



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



Naturally gluten-free  
*Not suitable for Coeliacs*

Cooking a gourmet meal doesn't take hours or fancy equipment – the key is to start with great ingredients. Whip up this tender fillet steak with a rich and decadent béarnaise, plus rosemary and garlic infused fries, and you'll be calling yourself a gourmet chef in no time!

**Pantry Staples:** Olive Oil



## 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**



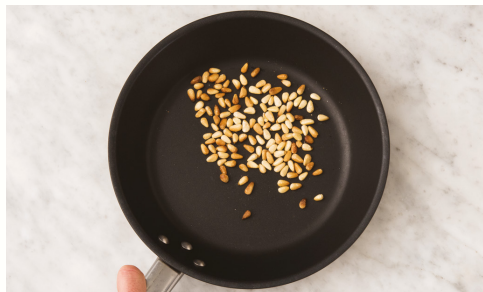
### 1 BAKE THE FRIES

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 1cm fries. Pick the **rosemary** leaves and finely chop. Using the flat side of a knife, gently crush the unpeeled **garlic** cloves. In a bowl, combine the **rosemary, garlic** and **olive oil (1 tbs for 2 people / 2 tbs for 4 people)**. Place the fries on an oven tray lined with baking paper. Season with **salt** and **pepper** and **drizzle** with the **rosemary-garlic oil**, then add the garlic to the tray. Toss to coat, then bake until tender, **25-30 minutes**. **TIP:** Cut the potato to the correct size so it cooks in the allocated time.



### 4 GET PREPPED

While the steak is roasting, trim the **sugar snap peas** and slice in half lengthways. Cut the woody ends off the **asparagus** (about 3cm). Zest the **lemon (see ingredients list)** to get a **pinch**. Finely chop the **parsley**.



### 2 TOAST THE PINE NUTS

Heat a large frying pan over a medium-high heat. Add the **pine nuts** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl. Set aside.



### 5 COOK THE GREENS

When the steak has **5 minutes** rest time remaining, return the frying pan to a medium-high heat. Add the **asparagus** and a **splash** of **water**. Cook until just tender and bright green, **2-3 minutes**. Add the **sugar snap peas** and cook until tender, **1-2 minutes**. Remove from the heat and season with a **pinch** of **salt, pepper, lemon zest** and a **squeeze** of **lemon juice**.



### 3 COOK THE STEAK

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. 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

Thinly slice the steak. Divide the steak, rosemary and garlic fries and lemony greens between plates. Squeeze the garlic flesh from the skins. Spoon any resting juices over the steak and top with **béarnaise sauce**. Crumble **goat cheese (see ingredients list)** over the greens and top with the pine nuts and parsley.

ENJOY!

## 2/4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
rosemary	1 bunch	1 bunch
garlic	2 cloves	4 cloves
pine nuts	1 packet	2 packets
premium fillet steak	1 packet	2 packets
sugar snap peas	1 bag (100g)	1 bag (200g)
asparagus	1 bunch	2 bunches
lemon	½	1
parsley	1 bunch	1 bunch
béarnaise sauce	1 tub (50g)	1 tub (100g)
goat cheese	½ packet (40g)	1 packet (80g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2720kJ (650Cal)	475kJ (113Cal)
Protein (g)	45.1g	7.9g
Fat, total (g)	36.0g	6.3g
- saturated (g)	9.7g	1.7g
Carbohydrate (g)	33.5g	5.8g
- sugars (g)	4.8g	0.8g
Sodium (g)	288mg	50mg

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

### PAIR THIS MEAL WITH

Pinot Noir  
or  
Cabernet Sauvignon

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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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