

Herby Seared Steak

with Garlic Yoghurt & Veggie Fries

Grab your Meal Kit with this symbol



Parsnip



Beetroot



Garlic & Herb Seasoning



Pear



Garlic



Beef Eye Round



Greek-Style Yoghurt



Mixed Salad Leaves

Keep an eye out...
 Due to recent sourcing challenges, we've replaced tomato with pear, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

-  Hands-on: 20-30 mins
-  Ready in: 35-45 mins
-  Carb Smart

A crispy stack of colourful veggie fries creates the base for a low-carb steak dish of joyous proportions. Tender slices of beef eye round are adorned in herby seasoning, topped by garlic yoghurt and served with a crisp mixed leaf salad. Now, if that doesn't sound like heaven on earth, we don't know what does!

Pantry items
 Olive Oil, White Wine 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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
parsnip	1	2
beetroot	1	2
garlic & herb seasoning	1 sachet	1 sachet
pear	1	2
garlic	2 cloves	4 cloves
beef eye round	1 packet	1 packet
Greek-style yoghurt	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1517kJ (363Cal)	356kJ (85Cal)
Protein (g)	39.4g	9.2g
Fat, total (g)	12.8g	3g
- saturated (g)	6.7g	1.6g
Carbohydrate (g)	25.2g	5.9g
- sugars (g)	16.6g	3.9g
Sodium (mg)	613mg	144mg
Dietary Fibre	4.2g	1.1g

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Bake the veggie fries

Preheat the oven to **220°C/200°C fan-forced**. Cut the **parsnip** and **beetroot** into fries. Spread the **veggie fries** and 1/2 the **garlic & herb seasoning** over a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat and bake until tender, **30-35 minutes**.

2



Get prepped

While the veggie fries are baking, thinly slice the **pear**. Finely chop the **garlic**. In a medium bowl, combine the remaining **garlic & herb seasoning** and a drizzle of **olive oil**. Add the **beef eye round** and turn to coat. Set aside.

3



Make the garlic yoghurt

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **garlic** until fragrant, **1 minute**. Transfer the **garlic oil mixture** to a small bowl, then add the **Greek-style yoghurt**. Season and stir to combine. Set aside.

4



Cook the steak

See Top Steak Tips (below) for extra info!

When the **veggies** have **10 minutes** cook time remaining, return the pan to a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **beef** for **2-3 minutes** on each side (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

5



Toss the salad

In a medium bowl, combine a drizzle of **white wine vinegar** and **olive oil**, then season. Add the **mixed salad leaves** and **pear** and toss to coat.

6



Serve up

Slice the herby seared steak. Divide the steak, veggie fries and salad between plates. Spoon the garlic yoghurt over the steak to serve.

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 5 minutes before slicing.