



Premium Fillet Steak & Black Garlic Mayo

with Pumpkin & Herb Gratin

Grab your Meal Kit with this symbol



Peeled Pumpkin Wedges



Herbs



Garlic



Baby Broccoli



Black Garlic



Mayonnaise



Panko Breadcrumbs



Grated Parmesan Cheese



Premium Fillet Steak

 Hands-on: 30-40 mins
Ready in: 40-50 mins

Have you met this week's star ingredient: black garlic? There's no trickery involved – the eye-catching colour is created by ageing the garlic so it caramelises and creates a unique sweet and mellow flavour. Paired with a perfectly cooked steak and creamy baked gratin, this is a special occasion dinner at its best.

Pantry items

Olive Oil, Butter, Plain Flour, Milk

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 · Small baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
peeled pumpkin wedges	1 packet (400g)	1 packet (800g)
herbs	1 bag	1 bag
garlic	1 clove	2 cloves
baby broccoli	1 bag	2 bags
black garlic	1 packet (10g)	2 packets (20g)
mayonnaise	40g	80g
panko breadcrumbs	½ packet	1 packet
butter*	20g	40g
plain flour*	1 tbs	2 tbs
milk*	¾ cup	1½ cups
salt*	¼ tsp	½ tsp
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
premium fillet steak	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2766kJ (661Cal)	459kJ (110Cal)
Protein (g)	49.6g	8.2g
Fat, total (g)	34.2g	5.7g
- saturated (g)	14.1g	2.3g
Carbohydrate (g)	35.2g	5.8g
- sugars (g)	16.8g	2.8g
Sodium (mg)	684mg	114mg

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.

Fancy a drop?

We recommend pairing this meal with Dry Riesling or Grüner Veltliner

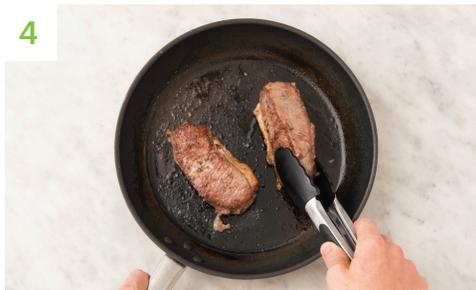
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2021 | CW52



Roast the pumpkin

Preheat the oven to **220°C/200°C fan-forced**. Place the **peeled pumpkin wedges** on a lined oven tray, drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then spread out evenly and roast until just tender, **15-20 minutes**.



Cook the steak

See Top Steak Tips (bottom) for extra info!

While the gratin is baking, wash and dry the frying pan, then return to a high heat. Season the **premium fillet steak**, then add to the hot pan. Sear the **steak** until browned, **1 minute** on all sides. Transfer to a second lined oven tray and roast for **8-10 minutes** for medium or until cooked to your liking. Remove the tray with the steak from the oven and set aside to rest.

TIP: The meat will keep cooking while it rests!

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.



Get prepped

While the pumpkin is roasting, thinly slice the **herb** leaves. Finely chop the **garlic**. Trim and halve the **baby broccoli** lengthways. Peel the **black garlic**. In a small bowl, mash the **black garlic** with a fork until smooth, then stir in the **mayonnaise**. Set aside. In a medium bowl, combine the **panko breadcrumbs** (see ingredients) with a drizzle of **olive oil**, then season.



Cook the baby broccoli

While the steak is roasting, return the pan to a medium-high heat with a drizzle of **olive oil**. Cook the **baby broccoli**, tossing, until just tender, **5-6 minutes**. Season to taste.

TIP: Add a dash of water to help speed up the cooking process.



Bake the gratin

Heat a large frying pan over a medium heat. Cook the **butter**, **herbs** and **garlic** until fragrant, **1 minute**. Add the **plain flour** and cook, stirring, until a thick paste forms, **2 minutes**. Remove the pan from the heat, then slowly whisk in the **milk** until smooth. Stir through the **salt** and **grated Parmesan cheese**, then season with **pepper**. Add the **roasted pumpkin** and gently stir to coat. Transfer to a small baking dish. Evenly top with the **panko mixture**, then bake until golden and bubbling, **10-15 minutes**.



Serve up

Slice the premium fillet steak. Divide the pumpkin and herb gratin, steak and baby broccoli between plates. Pour any resting juices over the steak and top with the black garlic mayo to serve.

Enjoy!