



Seared Fillet Steak & Balsamic Mushrooms

with Roasted Veggies & Pear-Parmesan Salad

Grab your Meal Kit with this symbol



Baby Rainbow Carrots



Baby Broccoli



Premium Fillet Steak



Garlic



Button Mushrooms



Slivered Almonds



Balsamic Glaze



Pear



Rocket Leaves



Grated Parmesan Cheese



Hollandaise

Hands-on: **25-35 mins**
 Ready in: **35-45 mins**

Calorie Smart

To accompany your tender premium fillet steak, we've got mushrooms cooked with garlic and butter, plus elegant roasted veggies and a sweet and savoury salad. Get ready to serve up a feast! Then, follow it with a moreish spiced apple and pear crumble that everyone will love.

Pantry items

Olive Oil, Butter, Balsamic 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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
baby rainbow carrots	1 bunch	1 bunch
baby broccoli	1 bag	2 bags
premium fillet steak	1 packet	1 packet
garlic	2 cloves	4 cloves
button mushrooms	1 packet	1 packet
slivered almonds	1 packet	2 packets
butter*	20g	40g
balsamic glaze	drizzle	1 drizzle
pear	1	2
rocket leaves	1 bag (30g)	1 bag (60g)
balsamic vinegar*	drizzle	drizzle
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
Hollandaise	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2656kJ (635Cal)	499kJ (119Cal)
Protein (g)	46.3g	8.7g
Fat, total (g)	40.1g	7.5g
- saturated (g)	14g	2.6g
Carbohydrate (g)	20.4g	3.8g
- sugars (g)	15.8g	3g
Sodium (mg)	425mg	80mg

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 Shiraz or Merlot.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Trim the green tops from the **baby rainbow carrots**, then scrub the **carrots** clean. Place the **carrots** on a lined oven tray and drizzle with **olive oil**. Season with **salt** and **pepper** and toss to coat. Spread out evenly, then roast for **20 minutes**. While the carrots are roasting, halve the **baby broccoli** lengthways. After **20 minutes** of cook time, remove the tray from the oven, then add the **baby broccoli**. Spread out evenly, then roast until tender, a further **5-7 minutes**.



Make the balsamic mushrooms

Return the frying pan to a medium-high heat with a drizzle of **olive oil** and the **butter**. Cook the **garlic** and **mushrooms**, stirring, until browned and fragrant, **3-4 minutes**. Add a drizzle of **balsamic glaze** and any **steak resting juices** and cook, stirring, until coated, **1-2 minutes**. Season to taste and set aside.



Cook the steak

See Top Steak Tips (below) for extra info! While the veggies are roasting, heat a large frying pan over a high heat with a drizzle of **olive oil**. Season the **premium fillet steak** all over, 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 from the oven and set the **steak** aside to rest for **10 minutes**.



Make the salad

While the mushrooms are cooking, thinly slice the **pear**. In a large bowl, combine the **pear** and **rocket leaves**. Season, then add a drizzle of **balsamic vinegar** and **olive oil**. Toss to coat, then sprinkle with the **grated Parmesan cheese**.



Get prepped

While the steak is roasting, finely chop the **garlic**. Thinly slice the **button mushrooms**. Wipe out the frying pan, then return to a medium-high heat. Toast the **slivered almonds**, tossing, until golden, **3-4 minutes**. Transfer to a bowl.



Serve up

Slice the seared fillet steak. Divide the steak between plates. Spoon over the balsamic mushrooms and sprinkle with the toasted almonds. Serve with the roasted veggies, pear-Parmesan salad and **Hollandaise**.

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.



Spiced Apple & Pear Crumble

with Vanilla Custard

Grab your Meal Kit with this symbol



Apple



Pear



Sweet Golden Spice Blend



Classic Oat Mix



Vanilla Custard

Hands-on: **20-30 mins**
Ready in: **45-55 mins**

Finish up your feast with this absolute delight. Golden, crumbly and simply delicious, it's no wonder the classic crumble never fails to please. Once you have one bite of this delectable treat, you'll be wanting more!

Pantry items

Brown Sugar, 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

Medium baking dish (15cm x 20cm) · Small saucepan

Ingredients

	4 People
apple	2
pear	2
sweet golden spice blend	1 sachet
brown sugar*	20g
water*	1 tbs
butter*	100g
classic oat mix	1 packet
vanilla custard	1 packet (600g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3270KJ (781Cal)	711KJ (170Cal)
Protein (g)	11.7g	2.5g
Fat, total (g)	34.1g	7.4g
- saturated (g)	21.0g	4.6g
Carbohydrate (g)	101g	22.0g
- sugars (g)	60.1g	13.1g
Sodium (mg)	283mg	62mg

The quantities provided above are averages only.

*Nutritional information is based on 4 servings

Allergens

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Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Cut the **apple** and **pear** (unpeeled) into 1cm chunks.

TIP: For a more traditional crumble, peel the fruit before cutting into chunks.



Make the spiced fruit

In a medium baking dish, combine the **apple**, **pear**, **sweet golden spice blend**, **brown sugar**, the **water** and a pinch of **salt**. Set aside.



Melt the butter

In a small saucepan, melt the **butter** over a low heat. In a medium bowl, combine the **classic oat mix** and melted **butter**.



Add the crumble to the fruit

Sprinkle the **crumble mixture** over the **spiced fruit** and spread evenly.



Bake the crumble

Bake until the topping is golden and the fruit is tender, **20-25 minutes**.

TIP: The fruit is cooked when you can pierce it easily with a fork.



Serve up

Divide the spiced apple and pear crumble between bowls. Serve with the **vanilla custard**.

Enjoy!