



Seared Fillet Steak & Pesto Butter Sauce

with Roast Veggie Salad

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Kumara



Dried Oregano



Capsicum



Courgette



Lemon



Garlic



Eschalot



Premium Fillet Steak



Basil Pesto



Rocket Leaves

Hands-on: **20-30 mins**
Ready in: **35-45 mins**

You know you're in for a good night when the only thing standing between you and this classy pub-style meal is a matter of minutes. With only the most tender beef eye cut, buttery pesto sauce and roasted veggies, you can't go wrong. Then, indulge your sweet tooth with a dessert sent from the heavens – decadent choc-chip blondies. Yum!

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

Two oven trays lined with baking paper
Large frying pan

Ingredients

| | 2 People | 4 People |
|----------------------|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| kumara | 2 (medium) | 2 (large) |
| dried oregano | 1 sachet | 1 sachet |
| capsicum | 1 | 2 |
| courgette | 1 | 2 |
| lemon | ½ | 1 |
| garlic | 2 cloves | 4 cloves |
| eschalot | 1 | 2 |
| premium fillet steak | 1 packet | 1 packet |
| butter* | 10g | 20g |
| basil pesto | 1 packet (50g) | 1 packet (100g) |
| rocket leaves | 1 bag (60g) | 1 bag (120g) |

*Pantry Items

Nutrition

| | Per Serving | Per 100g |
|------------------|-----------------|---------------|
| Energy (kJ) | 2440kJ (583Cal) | 393kJ (94Cal) |
| Protein (g) | 42.5g | 6.9g |
| Fat, total (g) | 28.0g | 4.5g |
| - saturated (g) | 7.9g | 1.3g |
| Carbohydrate (g) | 36.2g | 5.8g |
| - sugars (g) | 17.7g | 2.9g |
| Sodium (mg) | 232mg | 37mg |

Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://www.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 Sangiovese or Syrah



1. Roast the kumara

Preheat the oven to **220°C/200°C fan-forced**. Cut the **kumara** (unpeeled) into 1cm rounds. Place the **kumara** and **dried oregano** on one side of an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **25-30 minutes**.

TIP: Cut the kumara to size so it cooks in time!



2. Roast the veggies

While the kumara is roasting, thinly slice the **capsicum** into strips. Thinly slice the **courgette** into half-moons. Place the **capsicum** and **courgette** on a second oven tray lined with baking paper. **Drizzle** with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20 minutes**. Set aside to cool slightly.



3. Get prepped

While the veggies are roasting, finely chop the **garlic**. Finely chop the **eschalot**. Slice the **lemon** into wedges.



4. Cook the steak

See Top Steak Tips (bottom) for extra info!

When the kumara has **10 minutes** cook time remaining, heat a large frying pan over 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 the oven tray with the kumara 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 the **steak** for **10 minutes**.

TIP: The meat will keep cooking as it rests!



5. Make the pesto sauce

Return the frying pan to a low heat with a **drizzle of olive oil**. Add the **garlic**, **eschalot** and **butter** and cook, stirring, until softened, **2 minutes**. Remove the pan from the heat and stir through the **basil pesto** until well combined. Season to taste and stir through any **steak resting juices**. Set aside. In a medium bowl, add the roasted **veggies** and **rocket leaves**. **Drizzle** with a **little olive oil** and add a **squeeze of lemon juice**. Season to taste and toss to coat.



6. Serve up

Slice the steak. Divide the seared fillet steak, roast veggie salad and roasted kumara between plates. Spoon the pesto butter sauce over the steak. Serve with any remaining lemon wedges.

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.



Choc-Chip Blondies

with Peanut Butter Caramel

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Blondie Mix



Dark Chocolate Chunks



Caramel Sauce



Peanut Butter

Hands-on: 15-25 mins
Ready in: 45-55 mins

Trust us when we say, these blondies are the bee's knees of scrumptious desserts. Like a brownie, but not quite, the fudgy delights are studded with dark chocolate chips and finished off with a decadent gooey peanut caramel drizzled all over. Proceed with caution – these bad boys are addictive!

Pantry items
Butter, Eggs

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

Small saucepan · 20cm square baking tin lined with baking paper

Ingredients

| | 8-10 People |
|-----------------------|------------------|
| butter* | 150g |
| blondie mix | 1 packet |
| dark chocolate chunks | 1 packet |
| eggs* | 2 |
| caramel sauce | 1 packet (250ml) |
| peanut butter | 1 packet (30g) |

*Pantry Items

Nutrition

| | Per Serving | Per 100g |
|------------------|-----------------|-----------------|
| Energy (kJ) | 2120kJ (507Cal) | 1750kJ (418Cal) |
| Protein (g) | 6.6g | 5.4g |
| Fat, total (g) | 25.8g | 21.3g |
| - saturated (g) | 15.0g | 12.4g |
| Carbohydrate (g) | 61.0g | 50.4g |
| - sugars (g) | 40.4g | 33.4g |
| Sodium (mg) | 492mg | 407mg |

*This recipe makes 8-10 servings. Nutritional information based on 9 servings

Allergens

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1. Brown the butter

Preheat the oven to **180°C/160°C fan-forced**. In a small saucepan, melt the **butter** over a medium-high heat until beginning to brown, **4-5 minutes**. Set aside until cooled slightly, **5 minutes**.



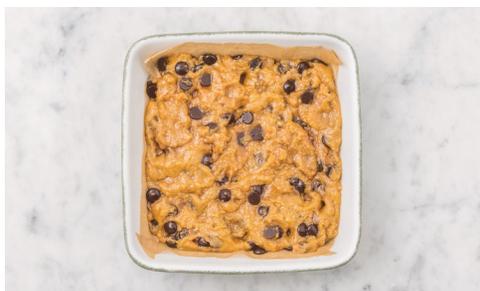
2. Line the baking tin

While the butter is cooling, line a 20cm square baking tin with baking paper.



3. Combine the ingredients

In a medium bowl, combine the **blondie mix** and **dark chocolate chunks**. Stir until the chocolate chunks are well coated. Add the **eggs** and browned **butter** and stir to combine.



4. Bake the blondie

Pour the **blondie mixture** into the prepared baking tin and spread evenly using a spatula. Bake until just firm to the touch, **25-28 minutes**. Leave to cool in the tin for **15 minutes**.

TIP: To check if the blondies are done, stick a toothpick or skewer in the centre. It should come out clean.



5. Make the peanut caramel

While the blondie is cooling, add the **caramel sauce**, **peanut butter** and a **pinch of salt** to a small bowl. Whisk with a fork, until well combined.



6. Serve up

Slice the blondie into 9 squares. Serve the choc-chip blondies warm on a serving dish with a drizzle of the peanut butter caramel.

TIP: The caramel sauce is very sweet, drizzle as little or as much as you like depending on taste!

Enjoy!