



Premium Fillet Steak & Balsamic Mushrooms

with Thyme-Roasted Veggies & Pear-Parmesan Salad

Grab your Meal Kit with this symbol



Baby Rainbow Carrots



Broccolini



Thyme



Premium Fillet Steak



Pear



Garlic



Button Mushrooms



Slivered Almonds



Balsamic Glaze



Rocket Leaves



Grated Parmesan Cheese

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

To accompany your tender premium fillet steak, we've got mushrooms cooked with garlic and a balsamic glaze, plus elegant roasted veggies and a sweet and savoury salad. Get ready to serve up a feast!

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
broccolini	1 bunch	2 bunches
thyme	1 bunch	1 bunch
premium fillet steak	1 packet	1 packet
pear	1	2
garlic	2 cloves	4 cloves
button mushrooms	1 punnet (150g)	1 punnet (400g)
slivered almonds	1 packet	2 packets
butter*	20g	40g
balsamic glaze	½ bottle (12.5ml)	1 bottle (25ml)
rocket leaves	1 bag (30g)	1 bag (60g)
balsamic vinegar*	1 tsp	2 tsp
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2590kJ (619Cal)	435kJ (104Cal)
Protein (g)	52.8g	8.9g
Fat, total (g)	30.4g	5.1g
- saturated (g)	11.8g	2.0g
Carbohydrate (g)	29.9g	5.0g
- sugars (g)	22.3g	3.7g
Sodium (g)	300mg	50mg

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 Shiraz or Merlot



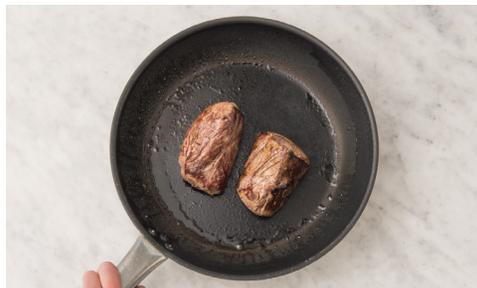
1. Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Trim the green tops from the **baby rainbow carrots** and scrub them clean. Place the **carrots** on an oven tray lined with baking paper and **drizzle** with **olive oil**. Season with **salt** and **pepper** and toss to coat. Arrange in a single layer and roast for **20 minutes**. Halve the **broccolini** lengthways. Pick the **thyme** leaves. After **20 minutes** of carrot cook time, remove the tray from the oven and add the **broccolini** and **thyme**. Toss to coat and roast until tender, a further **5-7 minutes**.



4. Cook the mushrooms

Return the pan to a medium-high heat with a **drizzle** of **olive oil** and the **butter**. Add the **garlic** and sliced **mushrooms** and cook, stirring regularly, until fragrant and browned, **3-4 minutes**. Add some of the **balsamic glaze** (**2 tsp for 2 people / 4 tsp for 4 people**) and any **steak resting juices** and cook, stirring, until coated, **1-2 minutes**. Season to taste with **salt** and **pepper**.



2. Cook the steak

In a large frying pan, heat a **drizzle** of **olive oil** over a high heat. 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!



5. Make the salad

In a large bowl, combine the **pear** and **rocket leaves**. Season with **salt** and **pepper**, add the **balsamic vinegar** and **drizzle** with **olive oil**. Just before serving, toss to coat and sprinkle with the **grated Parmesan cheese**.



3. Get prepped

While the steak is roasting, thinly slice the **pear**. Finely chop the **garlic** (or use a garlic press). Thinly slice the **button mushrooms**. Wash the frying pan, then return the pan to a medium-high heat. Add the **slivered almonds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a bowl.



6. Serve up

Thickly slice the steak. Divide the premium fillet steak between plates. Spoon over the balsamic mushrooms and sprinkle with the toasted almonds. Serve with the thyme-roasted veggies and the pear-Parmesan salad.

Enjoy!