



Seared Fillet Steak & Balsamic Mushrooms

with Thyme-Roasted Veggies & Pear-Parmesan Salad

Grab your Meal Kit with this symbol



Baby Rainbow Carrots



Baby Broccoli



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**
- 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 top-end 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

Oven tray 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	2 bunches
baby broccoli	1 bunch	2 bunches
thyme	1 bag	1 bag
premium fillet steak	1 packet	1 packet
pear	1	2
garlic	2 cloves	4 cloves
button mushrooms	1 packet	1 packet
slivered almonds	1 packet	2 packets
butter*	20g	40g
balsamic glaze	drizzle	drizzle
rocket leaves	1 bag (30g)	1 bag (60g)
balsamic vinegar*	drizzle	drizzle
grated Parmesan cheese	1 packet (30g)	1 packet (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2539kJ (607Cal)	438kJ (105Cal)
Protein (g)	47.8g	8.3g
Fat, total (g)	35.6g	6.1g
- saturated (g)	13.5g	2.3g
Carbohydrate (g)	20.8g	3.6g
- sugars (g)	17g	2.9g
Sodium (mg)	277mg	48mg

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** and 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. Arrange in a single layer and roast for **20 minutes**. While the carrots are roasting, halve the **baby broccoli** lengthways. Pick the **thyme** leaves. After **20 minutes** of cook time, remove the tray from the oven, then add the **baby broccoli** and **thyme**. Toss to coat and roast until tender, a further **5-7 minutes**.



Make the balsamic mushrooms

Return the pan to a medium-high heat with a drizzle of **olive oil** and the **butter**. Cook the **garlic** and sliced **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!

In a large frying pan, heat a drizzle of **olive oil** over a high heat. 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 from the oven and set aside to rest.



Make the salad

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



Toast the almonds

While the steak is roasting, thinly slice the **pear**. Finely chop the **garlic**. Thinly slice the **button mushrooms**. Return the frying pan to a medium-high heat. Add the **slivered almonds** and toast, 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 thyme-roasted veggies and pear-Parmesan salad.

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.